CURRICULUM VITAE

Jun Seob Song, Ph.D.

Department of Counseling, Health and Kinesiology
Texas A&M University-San Antonio
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POSITION

Assistant Professor of Kinesiology 2024 - Present
Department of Counseling, Health, and Kinesiology
Texas A&M University-San Antonio, TX, US

Primary Research Interest:

- **Skeletal Muscle Adaptations:** Focuses on identifying and implementing strategies to enhance muscular adaptations, such as muscle size and strength, following exercise training.
- **Athletic Performance & Recovery:** Investigates methods to optimize training adaptations, performance, and post-event recovery in athletes.
- **Aging & Health:** Investigates approaches to mitigate sarcopenia and age-related cognitive declines.
- **Rehabilitation:** Develops strategies to mitigate disuse-induced muscle atrophy and weakness using interventions like blood flow restriction (BFR), cross-education, and neuromuscular electrical stimulation.

Graduate Research Assistant 2019 - 2024
Kevser Ermin Physiology Laboratory
The University of Mississippi, Oxford, MS

Graduate Assistant 2021 - 2022
The School of Applied Science Analytic Laboratory
The University of Mississippi, Oxford, MS

EDUCATION

Doctor of Philosophy in Health and Kinesiology (Emphasis – Exercise Science) 2019 - 2024
Graduate Minor in Applied Statistics
The University of Mississippi, Oxford, MS, US
Advisor: Dr. Jeremy P. Loenneke, Ph.D., FACSM

Master of Science in Sports Physiology 2012 – 2013
Liverpool John Moores University, Liverpool, UK
Advisor: Dr. Barry Drust, Ph.D. & Dr. Robert M. Erskine, Ph.D.

Bachelor of Science in Physical Education 2008 - 2012
Seoul National University, Seoul, South Korea

PEER-REVIEWED PUBLICATIONS (* corresponding author)

1. Kataoka, R., Hammert, W. B., Yamada, Y., Sallberg, R. W., Kang, A., **Song, J. S**., ... & Loenneke, J. P. (2026). Submaximal low-load resistance exercise with blood flow restriction produces similar results to low-load exercise to failure for muscle size and strength, but not endurance. *European Journal of Applied Physiology*, 126(2), 825-837.

2. **Song, J. S**., Kim, H., & Jung, M. (2025). When and why do sex differences in handgrip strength emerge? Age-varying effects of testosterone from childhood to older adulthood. *American Journal of Human Biology*, 37(10), e70155.

3. Hammert, W. B., Yamada, Y., Sallberg, R. W., Metcalf, E., Kataoka, R., **Song, J. S**., ... & Loenneke, J. P. (2025). Using historical controls to evaluate resistance training-induced strength adaptations: Does history repeat itself?. *Journal of Sports Sciences*, *43*(22), 2809-2819.

4. **Song, J. S**., Kataoka, R., Yamada, Y., Hammert, W. B., Kang, A., Wong, V., ... & Loenneke, J. P. (2025). Unilateral High-Load Resistance Training Increases Absolute but Not Relative Muscular Endurance in the Contralateral Untrained Limb. *Research Quarterly for Exercise and Sport*, *96*(4), 875-883.

5. Abe, T., **Song, J. S**., Dankel, S. J., Viana, R. B., Abe, A., & Loenneke, J. P. (2025). Impact of potential moderating factors on absolute test-retest reliability of grip strength measurements in healthy populations: A systematic review with meta-analysis. *Journal of Sports Science & Medicine*, *24*(3), 543.

6. Yamada, Y., Kataoka, R., Hammert, W. B., **Song, J. S**., Kang, A., Kassiano, W., & Loenneke, J. P. (2025). Perceptual and hypoalgesic responses to submaximal knee extension exercise with different pressures and modes of blood flow restriction: Effect of estimated muscle metabolites. *Physiology International*, *112*(3), 351-368.

7. Yamada, Y., Hammert, W. B., Kataoka, R., **Song, J. S**., Kang, A., Kassiano, W., & Loenneke, J. P. (2025). The role of the muscle metaboreflex on cardiovascular responses to submaximal resistance exercise with different pressures and modes of blood flow restriction. *Applied Physiology, Nutrition, and Metabolism*, *50*, 1-9.

8. Spitz, R. W., Wong, V., Yamada, Y., Kataoka, R., **Song, J. S**., Hammert, W. B., ... & Loenneke, J. P. (2025). Perceived discomfort is decreased after repeated bouts of isometric handgrip exercise with and without blood flow restriction. *Perceptual and Motor Skills*, *132*(5), 815-828.

9. Hammert, W. B., Yamada, Y., Kataoka, R., **Song, J. S.**, Spitz, R. W., Wong, V., ... & Loenneke, J. P. (2025). Changes in absolute and relative muscular endurance after resistance training: a review of the literature with considerations for future research. *The Journal of Strength & Conditioning Research*, *39*(4), 474-491.

10. Wong, V., Spitz, R. W., Bentley, J. P., **Song, J. S.**, Yamada, Y., Kataoka, R., ... & Loenneke, J. P. (2025). Investigating the influence of limb blood flow on contraction-induced muscle growth and the impact of that growth on changes in maximal strength. *Medicine & Science in Sports & Exercise*, *57*(4), 867-875.

11. Spitz, R. W., Wong, V., Yamada, Y., Kataoka, R., **Song, J. S**., Hammert, W. B., ... & Loenneke, J. P. (2025). The effect of isometric handgrip training with and without blood flow restriction on changes in

resting blood pressure. *Research Quarterly for Exercise and Sport*, *96*(2), 418-425.

12. Yamada, Y., Hammert, W. B., Kataoka, R., **Song, J. S**., Kang, A., & Loenneke, J. P. (2025). Limb dominance does not have a meaningful impact on arterial occlusion pressure. *Clinical Physiology and Functional Imaging*, *45*(1), e12906.

13. **Song, J. S.**, Yamada, Y., Kataoka, R., Hammert, W. B., Kang, A., Spitz, R. W., Wong, V., Seffrin, A., Kassiano, W., & Loenneke, J. P. (2024). Does unilateral high-load resistance training influence strength change in the contralateral arm also undergoing high-load training? *Scandinavian Journal of Medicine & Science in Sports, 34*, e14772.

14. **Song, J. S.**, Hammert, W. B., Kataoka, R., Yamada, Y., Kang, A., Wong, V., ... & Loenneke, J. P. (2024). Unilateral high-load resistance training induced a similar cross-education of strength between the dominant and non-dominant arm. *Journal of Sports Sciences*, *42*(14), 1308-1312.

15. Hammert, W. B., Kataoka, R., Yamada, Y., **Song, J. S**., Kang, A., Spitz, R. W., & Loenneke, J. P. (2024). Progression of total training volume in resistance training studies and its application to skeletal muscle growth. *Physiological Measurement*, *45*(8), 08TR03.

16. **Song, J. S**., Yamada, Y., Kataoka, R., Hammert, W. B., Kang, A., & Loenneke, J. P. (2024). Cross-education of muscular endurance: a scoping review. *Sports Medicine*, *54*(7), 1771-1783.

17. Hammert, W. B., Dankel, S. J., Kataoka, R., Yamada, Y., Kassiano, W., **Song, J. S**., & Loenneke, J. P. (2024). Methodological considerations when studying resistance-trained populations: ideas for using control groups. *The Journal of Strength & Conditioning Research*, *38*(12), 2164-2171.

18. **Song, J. S.**, Hammert, W. B., Kataoka, R., Yamada, Y., Kang, A., & Loenneke, J. P. (2024). Individuals can be taught to sense the degree of vascular occlusion: implications for practical blood flow restriction. *The Journal of Strength & Conditioning Research*, *38*(8), 1413-1418.

19. Wong, V., **Song, J. S**., Yamada, Y., Kataoka, R., Hammert, W. B., Spitz, R. W., & Loenneke, J. P. (2024). Is there evidence for the asymmetrical transfer of strength to an untrained limb?. *European Journal of Applied Physiology*, *124*(8), 2503-2510.

20. Kataoka, R., Yamada, Y., Hammert, W., **Song, J. S**., Kassiano, W., Kang, A., & Loenneke, J. (2024). The influence of eccentric muscle actions on concentric muscle strength: An exception to the principle of specificity?. *International Journal of Strength and Conditioning*, *4*(1).

21. Hammert, W. B., **Song, J. S.**, Yamada, Y., Kataoka, R., Wong, V., Spitz, R. W., ... & Loenneke, J. P. (2024). Blood flow restriction augments exercise-induced pressure pain thresholds over repetition and effort matched conditions. *Journal of Sports Sciences*, *42*(1), 73-84.

22. Spitz, R. W., Yamada, Y., Wong, V., Kataoka, R., Hammert, W. B., **Song, J. S**., ... & Loenneke, J. P. (2024). Blood flow restriction pressure for narrow cuffs (5 cm) cannot be estimated with precision. *Physiological Measurement*, *45*(2), 02NT01.

23. Kataoka, R., **Song, J. S**., Yamada, Y., Hammert, W. B., Seffrin, A., Spitz, R. W., ... & Loenneke, J. P. (2024). The impact of different ischemic preconditioning pressures on pain sensitivity and resistance exercise performance. *The Journal of Strength & Conditioning Research*, *38*(5), 864-872.

24. Wong, V., Spitz, R. W., **Song, J. S**., Yamada, Y., Kataoka, R., Hammert, W. B., ... & Loenneke, J. P.

(2024). Blood flow restriction augments the cross-education effect of isometric handgrip training. *European Journal of Applied Physiology*, *124*(5), 1575-1585.

25. Kataoka, R., Hammert, W. B., Yamada, Y., **Song, J. S**., Seffrin, A., Kang, A., ... & Loenneke, J. P. (2024). The plateau in muscle growth with resistance training: an exploration of possible mechanisms. *Sports Medicine*, *54*(1), 31-48.

26. Yamada, Y., Kataoka, R., Bell, Z. W., Wong, V., Spitz, R. W., **Song, J. S**., ... & Loenneke, J. P. (2023). Improved interference control after exercise with blood flow restriction and cooling is associated with but not mediated by increased lactate. *Physiology & Behavior*, *270*, 114291.

27. **Song, J. S**., Seffrin, A., Yamada, Y., Kataoka, R., Hammert, W. B., Spitz, R. W., ... & Loenneke, J. P. (2023). Can we improve exercise-induced hypoalgesia with exercise training? An overview and suggestions for future studies. *Physical Therapy in Sport*, *63*, 67-72.

28. Bell, Z. W., Wong, V., Spitz, R. W., Yamada, Y., **Song, J. S**., Kataoka, R., ... & Loenneke, J. P. (2023). Unilateral high-load resistance training influences strength changes in the contralateral arm undergoing low-load training. *Journal of Science and Medicine in Sport*, *26*(8), 440-445.

29. Hammert, W. B., Kataoka, R., Yamada, Y., Seffrin, A., Kang, A., **Song, J. S**., ... & Loenneke, J. P. (2023). The potential role of the myosin head for strength gain in hypertrophied muscle. *Medical Hypotheses*, *172*, 111023.

30. Spitz, R. W., **Song, J. S**., Yamada, Y., Wong, V., Bell, Z. W., Kataoka, R., & Loenneke, J. P. (2023). Cuff width does not affect discomfort ratings immediately following isometric handgrip exercise. *Physiology International*, *110*(1), 64-73.

31. Kataoka, R., Spitz, R. W., Wong, V., Bell, Z. W., Yamada, Y., **Song, J. S**., ... & Loenneke, J. P. (2023). Sex segregation in strength sports: Do equal-sized muscles express the same levels of strength between sexes?. *American Journal of Human Biology*, *35*(5), e23862.

32. **Song, J. S**., Kataoka, R., Yamada, Y., Wong, V., Spitz, R. W., Bell, Z. W., & Loenneke, J. P. (2023). The hypoalgesic effect of low-load exercise to failure is not augmented by blood flow restriction. *Research Quarterly for Exercise and Sport*, *94*(4), 1084-1093.

33. Yamada, Y., Kang, A., Seffrin, A., **Song, J. S**., Kataoka, R., Hammert, W. B., ... & Loenneke, J. P. (2023). Potential considerations with estimating blood flow restriction pressure in the lower body using a narrower cuff. *European Journal of Applied Physiology*, *123*(5), 937-943.

34. Spitz, R. W., Kataoka, R., Dankel, S. J., Bell, Z. W., **Song, J. S**., Wong, V., ... & Loenneke, J. P. (2023). Quantifying the generality of strength adaptation: a meta-analysis. *Sports Medicine*, *53*(3), 637-648.

35. Kataoka, R., **Song, J. S**., Bell, Z. W., Wong, V., Spitz, R. W., Yamada, Y., & Loenneke, J. P. (2023). Effect of increased pressure pain threshold on resistance exercise performance with blood flow restriction. *The Journal of Strength & Conditioning Research*, *37*(6), 1204-1210.

36. **Song, J. S**., Yamada, Y., Kataoka, R., Wong, V., Spitz, R. W., Bell, Z. W., & Loenneke, J. P. (2022). Training-induced hypoalgesia and its potential underlying mechanisms. *Neuroscience & Biobehavioral Reviews*, *141*, 104858.

37. Wong, V., Bell, Z. W., **Song, J. S**., Yamada, Y., Abe, T., & Loenneke, J. P. (2022). Blood flow restriction maintains blood pressure upon head-up tilt. *Physiology International*, *109*(1), 106-118.

38. Yamada, Y., Spitz, R. W., Wong, V., Bell, Z. W., **Song, J. S**., Abe, T., & Loenneke, J. P. (2022). The impact of isometric handgrip exercise and training on health-related factors: A review. *Clinical Physiology and Functional Imaging*, *42*(2), 57-87.

39. Wong, V., **Song, J. S**., Abe, T., Spitz, R. W., Yamada, Y., Bell, Z. W., ... & Loenneke, J. P. (2022). Muscle thickness assessment of the forearm via ultrasonography: is experience level important?. *Biomedical Physics & Engineering Express*, *8*(2), 027003.

40. Jeon, S., Ye, X., Miller, W. M., & **Song, J. S**. (2022). Effect of repeated eccentric exercise on muscle damage markers and motor unit control strategies in arm and hand muscle. *Sports medicine and health science*, *4*(1), 44-53.

41. **Song, J. S**., Yamada, Y., Wong, V., Bell, Z. W., Spitz, R. W., Abe, T., & Loenneke, J. P. (2022). Hypoalgesia following isometric handgrip exercise with and without blood flow restriction is not mediated by discomfort nor changes in systolic blood pressure. *Journal of Sports Sciences*, *40*(5), 518-526.

42. Bell, Z. W., Spitz, R. W., Wong, V., Yamada, Y., **Song, J. S**., Abe, T., & Loenneke, J. P. (2022). Can individuals be taught to sense the degree of vascular occlusion? A comparison of methods and implications for practical blood flow restriction. *The Journal of Strength & Conditioning Research*, *36*(12), 3359-3365.

43. Wong, V., **Song, J. S**., Bell, Z. W., Yamada, Y., Spitz, R. W., Abe, T., & Loenneke, J. P. (2022). Blood flow restriction training on resting blood pressure and heart rate: a meta-analysis of the available literature. *Journal of human hypertension*, *36*(8), 738-743.

44. Abe, T., **Song, J. S**., Bell, Z. W., Wong, V., Spitz, R. W., Yamada, Y., & Loenneke, J. P. (2022). Comparisons of calorie restriction and structured exercise on reductions in visceral and abdominal subcutaneous adipose tissue: a systematic review. *European journal of clinical nutrition*, *76*(2), 184-195.

45. **Song, J. S**., Spitz, R. W., Yamada, Y., Bell, Z. W., Wong, V., Abe, T., & Loenneke, J. P. (2021). Exercise-induced hypoalgesia and pain reduction following blood flow restriction: A brief review. *Physical Therapy in Sport*, *50*, 89-96.

46. Yamada, Y., **Song, J. S**., Bell, Z. W., Wong, V., Spitz, R. W., Abe, T., & Loenneke, J. P. (2021). Effects of isometric handgrip exercise with or without blood flow restriction on interference control and feelings. *Clinical Physiology and Functional Imaging*, *41*(6), 480-487.

47. Ye, X., Benton, R. J., Miller, W. M., Jeon, S., & **Song, J. S.** (2021). Downhill running impairs peripheral but not central neuromuscular indices in elbow flexor muscles. *Sports Medicine and Health Science*, *3*(2), 101-109.

48. Ye, X., Miller, W. M., Jeon, S., **Song, J. S**., & West, T. J. (2021). Effect of arm eccentric exercise on muscle damage of the knee flexors after high-intensity eccentric exercise. *Frontiers in physiology*, *12*, 661618.

49. **Song, J. S**., Abe, T., Bell, Z. W., Wong, V., Spitz, R. W., Yamada, Y., & Loenneke, J. P. (2021). The relationship between muscle size and strength does not depend on echo intensity in healthy young adults. *Journal of Clinical Densitometry*, *24*(3), 406-413.

50. Miller, W., Jeon, S., Kang, M., **Song, J. S**., & Ye, X. (2021). Does performance-related information augment the maximal isometric force in the elbow flexors?. *Applied Psychophysiology and Biofeedback*, *46*(1), 91-101.

51. Abe, T., Bell, Z. W., Wong, V., Spitz, R. W., Yamada, Y., **Song, J. S**., & Loenneke, J. P. (2021). Skeletal muscle size distribution in large-sized male and female athletes. *American Journal of Human Biology*, *33*(2), e23473.

52. Spitz, R. W., Bell, Z. W., Wong, V., Yamada, Y., **Song, J. S**., Buckner, S. L., ... & Loenneke, J. P. (2020). Strength testing or strength training: considerations for future research. *Physiological measurement*, *41*(9), 09TR01.

<u>MANUSCRIPTS ACCEPTED / UNDER REVIEW / IN PROGRESS</u> (* corresponding author)

1. Kataoka, R., Yamada, Y., Hammert, W. B., Sallberg, R. W., Kang, A., **Song, J. S**., … & Loenneke, J. P. (2026). Skeletal muscles do not compete for growth: Activating additional muscle mass does not compromise changes in muscle size. *The Journal of Strength & Conditioning Research*. (Accepted)

2. Hammert, W. B., **Song, J. S**., Yamada, Y., Kataoka, R., Kang, A., Sallberg, R. W., … & Loenneke, J. P. (2026). The influence of pre-training muscle size on strength gain: An exploratory analysis. *International Journal of Strength and Conditioning*. (Accepted).

3. Shah, S., & **Song, J. S.*** (2026). Does Regular Cold-Water Immersion After Training Sessions Enhance Long-Term Training Adaptations in Team Sports Athletes? A Systematic Review. (Under review).

4. **Song, J. S.**, Kwon, E. H., Smith, J. D., Lim, J., Symons, B. T., & Lee, S. (2026). Effect of cognitive task during rest between exercise sets on subsequent performance: Does the brain also need to rest? (Under review).

5. **Song, J. S**.*, Dankel, S. J., Viana, R. B., Abe, A., Loenneke, J. P., & Abe, T. (2026). Absolute test-retest reliability of the sit-and-reach tests in healthy individuals: A systematic review with meta-analysis. (Under review).

6. Jung, M., & **Song, J. S.*** (2026). Acute exercise and cognitive performance under dual-task paradigm: Consideration for individual variability. (Under review).

7. **Song, J. S.**, Hammert, W. B., Yamada, Y., Kataoka, R., & Loenneke, J. P. (2026). Does cross-education of strength depend on limb dominance? Testing baseline strength differences and hand preference as moderators. (Under review).

8. **Song, J. S.**, Kim, J., & Jung, M. (2026). Does physical activity buffer alcohol-related declines in executive function in older adults, and does this effect vary with age? (Under review).

9. Kataoka, R., Thompson, R. S., **Song, J. S.**, & Buckner, S. L. (2026). Blood flow restricted resistance exercise reduces the performance of contralateral homologous muscles. (Under review).

10. Viana, R. B., Ozaki, H., Dankel, S. J., **Song, J. S**., Abe, A., Loenneke, J. P., & Abe, T. (2026). Systematic review and meta-analysis of the absolute test-retest reliability of the jump performance tests in healthy individuals. (Under review).

11. Kataoka, R., **Song, J. S.**, Viana, R. B., Dankel, S. J., Abe, A., Loenneke. J. P., & Abe, T. (2026). Systematic review and meta-analysis of the absolute test-retest reliability of the B-mode ultrasound measured muscle thickness in healthy individuals. (In progress).

12. **Song. J. S.**, Kwon, E. H., & Lee, S. (2026). The combined effect of blood flow restriction and cross-education on disuse-induced muscle atrophy and weakness. (In progress).

GRANTS

1. Kim JY (Principal Investigator); Song JS (Co-Investigator). 2026. "Research on a Muscle Health-Based Preventive Integrated Care System in the AI Era: Social Prescribing and Decision Support Using Explainable AI". NRF Global Humanities and Social Sciences Convergence Research Grant. (In Progress).

2. Lei Y (Principal Investigator); **Song JS** (Co-Investigator). 2026. "The effect of personalized transcranial ultrasound stimulation on cognitive function and neural activity in older adults." Early-Stage Research Development Grants. $100,000 (In Progress).

3. **Song JS** (Principal Investigator). 2025. "The combined effects of blood flow restriction and cross-education on muscle strength and size following immobilization." Research Council Grant. $10,000 **(Awarded)**.

4. **Song JS** (Principal Investigator). 2020. "The acute effect of combining neuromuscular electrical stimulation and voluntary isometric exercise on neuromuscular functions." Summer Graduate Research Assistantship Program, The University of Mississippi. **(Awarded)**.

5. Loenneke JP (Principal Investigator). 2020. "The effect of blood flow restriction on preventing orthostatic intolerance." Mississippi Space Grant Consortium. $12,000 **(Awarded)**.
    - **Song JS**, Wong V, Bell ZW, Spitz RW, and Yamada Y intellectually contributed to this grant.

TEACHING EXPERIENCE

Instructor 2024 - Present
Texas A&M University–San Antonio, TX

EDKN 5312 – Physiology of Exercise

EDKN 5336 – Youth Fitness & Performance
EDKN 5305 – Graduate Research Project
EDKN 4401 – Exercise Test and Prescription
EDKN 4344 – Health and Aging
EDKN 4334 – Research Project in Exercise Science
EDKN 4324 – Exercise in Chronic Disease and Disabilities
EDKN 3350 – Kinesiology/Sport in Society

Instructor 2019 - 2024
The University of Mississippi, Oxford, MS

ES 348 - Exercise Physiology
ES 349 - Exercise Physiology Laboratory
ES 457 - Exercise Testing & Prescription Laboratory
ES 396 - Allied Health Terminology
PH 312 - Behavioral Aspects of Weight Management
PH 203 - First Aid and CPR
PH 191 - Personal and Community Health
EL 161 - Weight Lifting
EL 152 - Sports Conditioning
EL 156 - Jogging

FIELD EXPERIENCE

Strength & Conditioning (Physical) Coach 2018 - 2019
Korea U-20 & U-15 Men's National Soccer Team (National Competitions)
Korea U-17 Women's National Soccer Team (2018 FIFA U-17 Women's World Cup)
Korea Football Association (KFA), Seoul, South Korea

Strength & Conditioning (Physical) Coach 2019
Halla University Men's Soccer Team
Halla University, Wonju, South Korea

Strength & Conditioning (Physical) Coach 2018
Sungkyunkwan University Men's Soccer Team
Sungkyunkwan University, Suwon, South Korea

Strength & Conditioning (Physical) Coach 2013 - 2015
Korea Women's National Soccer Team (2014 Asian Games, 2015 FIFA Women's World Cup)
Korea U-20 Women's National Soccer Team (2014 FIFA U-20 Women's World Cup)
Korea Football Association (KFA), Seoul, South Korea

Interpreter & Support Staff 2010
Korea Men's National Soccer Team (2010 FIFA World Cup, EAFF E-1 Football Championship)
Korea Football Association (KFA), Seoul, South Korea

Athletic Experience (Soccer) 2008 - 2011

Seoul National University Men's Soccer Team
Seoul National University, Seoul, South Korea

Athletic Experience (Soccer) 2005 - 2007
Captain of John Paul College Men's Soccer Team (won regional & national-level competitions)
John Paul College, Brisbane, Australia

SCIENTIFIC ABSTRACTS / PRESENTATIONS

1. **Song JS**, Kwon EH, Flores D, Gutierrez D, Kang M, Lee S. The Generality of Muscle Strength and Fatigability. 2026 ACSM National Conference (Salt Lake City).

2. **Song JS**. Importance of halftime rewarm-up. 2025 Korean Society of Science & Football International Conference (Seoul, Korea).

3. **Song JS**. Effects of a cognitive task between sets on recovery and exercise performance. 2025 Trainology IX. The University of Mississippi.

4. **Song JS**, Kwon E, Smith J, Lim J, Symons B, Lee S. Effects of a cognitive task between sets on recovery and exercise performance. 2025 ACSM National Conference (Atlanta).

5. **Song JS**, Yamada Y, Kataoka R, Hammert WB, Kang A, Spitz RW, Wong V, Seffrin A, Kassiano W, Loenneke JP. Unilateral high-load training does not augment strength in the contralateral arm undergoing the same training. 2024 ACSM National Conference (Boston).

6. **Song JS.** Does unilateral high-load training augment strength change in the contralateral arm undergoing the same high-load training via cross-education effect?. 2024 Trainology VIII. The University of Mississippi.

7. **Song JS**, Bell ZW, Spitz RW, Wong V, Yamada Y, Kataoka R, Abe T, Loenneke JP. The influence of 6-weeks resistance training on post-activation performance enhancement. 2023 ACSM National Conference (Colorado).

8. **Song JS.** The impact of different ischemic preconditioning pressures on pain sensitivity and exercise performance. 2023 Trainology VII. The University of Mississippi.

9. **Song JS**, Kataoka R, Yamada Y, Wong V, Spitz RW, Bell ZW, Loenneke JP. Effect of blood flow restricted knee extension on exercise-induced hypoalgesia at upper and lower limb. 2022 ACSM National Conference (San Diego).

10. **Song JS**, Kataoka R, Yamada Y, Wong V, Spitz RW, Bell ZW, Loenneke JP. The hypoalgesic effect of low-load resistance exercise to failure is not augmented by blood flow restriction. 2022 Neuroscience Showcase, The University of Mississippi.

11. **Song JS**. The hypoalgesic effect of low-load resistance exercise to failure is not augmented by blood flow restriction. 2022 Trainology VI, The University of Mississippi.

12. **Song JS**. The effect of handgrip exercise with blood flow restriction on exercise-induced hypoalgesia at local and non-local muscle. 2021 Trainology V, The University of Mississippi.

13. **Song JS**, Bell ZW, Wong V, Spitz RW, Yamada Y, Abe T, Loenneke JP. The effect of handgrip exercise with blood flow restriction on exercise-induced hypoalgesia at local and non-local muscle. 2021 ACSM National Conference (Virtual).

14. **Song JS**, Bell ZW, Wong V, Spitz RW, Yamada Y, Abe T, Loenneke JP. The effect of handgrip exercise with blood flow restriction on exercise-induced hypoalgesia at local and non-local muscle. 2021 KS-ACSM Annual Meeting.

15. **Song JS**, Jeon S, Miller W, Kang M, Ye X. An examination of the nonlocal repeated bout effect of the elbow flexor muscles. 2020 ACSM National Conference.

16. Hammert WB, Kataoka R, Yamada Y, Sallberg RW, Kang A, **Song JS**, Kassiano W, Metcalf EE, Loenneke JP. Low-load resistance training to failure enhances ischemic local muscular endurance capacity over submaximal low-load exercise with blood flow restriction. 2025 ACSM National Conference (Atlanta).

17. Yamada Y, Hammert WB, Kataoka R, **Song JS**, Kang A, Kassiano W, Loenneke JP. The role of metaboreflex on cardiovascular responses to submaximal exercise with blood flow restriction. 2025 ACSM National Conference (Atlanta).

18. Kataoka R, Hammert WB, Yamada Y, Sallberg RW, Kang A, Song JS, Kassiano W, Metcalf EE, Loenneke JP. The influence of blood flow restriction and proximity to failure on changes in muscle strength. 2025 ACSM National Conference (Atlanta).

19. Yamada Y, Kataoka R, Hammert WB, **Song JS**, Kang A, Spitz RW, Wong V, Seffrin A, Loenneke JP. Perceptual and blood pressure responses to submaximal exercise with blood flow restriction. 2024 ACSM National Conference.

20. Kang A, Yamada Y, Kataoka R, Hammert WB, **Song JS**, Spitz RW, Wong V, Seffrin A, Loenneke JP. Ischemic pain threshold and tolerance are not altered following submaximal blood flow restriction exercise. 2024 ACSM National Conference.

21. Hammert WB, Kang A, Yamada Y, Kataoka R, **Song JS**, Spitz RW, Wong V, Seffrin A, Loenneke JP. Can blood flow restriction augment submaximal resistance exercise-induced hypoalgesia?. 2024 ACSM National Conference.

22. Kassiano W, **Song JS**, Hammert WB, Kang A, Yamada Y, Kataoka R, Spitz RW, Wong V, Seffrin A, Loenneke JP. The cross-education effect: is there an asymmetrical transfer of strength between limbs?. 2024 ACSM National Conference.

23. Kataoka R, **Song JS**, Kassiano W, Hammert WB, Kang A, Yamada Y, Spitz RW, Wong V, Seffrin A, Loenneke JP. Pressures for blood flow restricted exercise cannot be estimated with precision for narrow cuffs. 2024 ACSM National Conference.

24. Spitz RW, Kataoka R, **Song JS**, Hammert WB, Kang A, Yamada Y, Wong V, Seffrin A, Loenneke JP. Cross-education increases absolute but not relative muscular endurance in the untrained limb. 2024 ACSM National Conference.

25. Wong V, Spitz RW, Kataoka R, **Song JS**, Hammert WB, Kang A, Yamada Y, Seffrin A, Loenneke JP. Investigating the Influence of Muscle Growth on Strength in Response to Isometric Handgrip Training. 2024 ACSM National Conference.

26. Loenneke JP, Bell ZW, Wong V, Spitz RW, Yamada Y, **Song JS**, Kataoka R, Abe T. Unilateral high-load resistance training influences strength changes in the contralateral arm undergoing low-load training. 2023 ACSM National Conference.

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29. Hammert WB, Kataoka R, Yamada Y, Kang A, Wong V, Spitz RW, **Song JS**, Seffrin A, Loenneke JP. Are the Effects of Ischemic Preconditioning on Fatigue Performance Testing Influenced by the Applied Pressure?. 2023 ACSM National Conference.

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32. Yamada Y, Kataoka R, Bell ZW, Wong V, Spitz RW, **Song JS**, Abe T, Loenneke JP. Blood lactate elevation is related to but may not mediate exercise-induced changes in cognitive performance. 2023 ACSM National Conference.

33. Kataoka R, Spitz RW, Wong V, Bell ZW, Yamada Y, **Song JS**, Hammert WB, Dankel SJ, Abe T, Loenneke JP. Sex segregation in strength sports: Do equal-sized muscles express the same levels of strength between sexes?. 2023 ACSM National Conference.

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43. Miller W, Jeon S, **Song JS**, Kang M, Ye X. How do different forms of feedback effect maximal voluntary force in the forearm flexors?. 2020 ACSM National Conference.

44. Jeon S, Miller W, **Song JS**, Kang M, Ye X. The comparison of contralateral repeated bout effects on arm muscle and hand muscle. 2020 ACSM National Conference.

AWARDS

1st Place in Trainology IX — 2025
The University of Mississippi, Oxford, MS

Blackburn Graduate Award in Exercise Science — 2024
The University of Mississippi, Oxford, MS

1st Place in Trainology VIII — 2024
The University of Mississippi, Oxford, MS

2nd Place in Damien Moore Memorial Lecture — 2024
The University of Mississippi, Oxford, MS

Dissertation Fellowship Award — 2023
The University of Mississippi, Oxford, MS

4th Place in Trainology VII — 2023
The University of Mississippi, Oxford, MS

3rd Place in Graduate Student Council Research Symposium Pitch Presentation 2023
The University of Mississippi, Oxford, MS

5th Place in Trainology VI 2022
The University of Mississippi, Oxford, MS

3rd Place in Neuroscience Showcase 2022
The University of Mississippi, Oxford MS

3rd Place in Trainology V 2021
The University of Mississippi, Oxford, MS

Research Award in 16th KS-ACSM Annual Meeting 2021
Korean Society at American College of Sports Medicine (KS-ACSM)

Achievement Award (Department of Physical Education) 2010
Seoul National University, Seoul, South Korea

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