

CURRICULUM VITAE

Jun Seob Song, Ph.D.

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

PROFESSIONAL EXPERIENCE

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

Primary Research Interest:

- Effects of resistance exercise on strength and muscle size
- Effects of aerobic/resistance exercise on cognitive function, blood pressure, and pain sensitivity.
- Rehabilitation for disuse-induced muscle atrophy/weakness and sarcopenia (e.g., blood flow restriction, cross-education, neuromuscular electrical stimulation).
- Recovery strategies following exercises/sport events and optimizing athlete performance.

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

ACADEMIC EXPERIENCE

Graduate Research Assistant 2020 - 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

Graduate Research Assistant

2019 - 2020

Neuromuscular Laboratory
The University of Mississippi, Oxford, MS

PEER-REVIEWED PUBLICATIONS

1. Spitz RW, Wong V, Yamada Y, Kataoka R, **Song JS**, Hammert WB, Seffrin A, Bell ZW, Loenneke JP. Perceived discomfort is decreased after repeated bouts of isometric handgrip exercise with and without blood flow restriction. *Perceptual and Motor Skills*. 2025.
2. Hammert WB, Yamada Y, Kataoka R, **Song JS**, Spitz RW, Wong V, Seffrin A, Loenneke JP. Changes in absolute and relative muscular endurance following resistance training: A review of the literature with considerations for future research. *Journal of Strength and Conditioning Research*. 2025.
3. **Song JS**, Yamada Y, Kataoka R, Hammert WB, Kang A, Spitz RW, Seffrin A, Kassiano W, Loenneke JP. Does unilateral high-load resistance training influence strength change in the contralateral arm also undergoing high-load training?. *Scandinavian Journal of Medicine and Science in Sports*. 2024.
4. **Song JS**, Hammert WB, Kataoka R, Yamada Y, Kang A, Wong V, Spitz RW, Kassiano W, Loenneke JP. Unilateral high-load resistance training induced a similar cross-education of strength between the dominant and non-dominant arm. *Journal of Sports Sciences*. 2024.
5. Wong V, Spitz RW, Bentley JP, **Song JS**, Yamada Y, Kataoka R, Hammert WB, Seffrin A, Bell ZW, Loenneke JP. 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*. 2024.
6. Spitz RW, Wong V, Yamada Y, Kataoka R, **Song JS**, Hammert WB, Kang A, Seffrin A, Bell ZW, Loenneke JP. The effect of isometric handgrip training with and without blood flow restriction on changes in resting blood pressure. *Research Quarterly for Exercise and Sport*. 2024.
7. Kataoka R, Yamada Y, Hammert WB, **Song JS**, Kassiano W, Kang A, Loenneke JP. The influence of eccentric muscle actions on concentric muscle strength: an exception to the principle of specificity? *International Journal of Strength and Conditioning*. 2024.
8. Yamada Y, Hammert WB, Kataoka R, **Song JS**, Kang A, Loenneke JP. Limb dominance does not have a meaningful impact on arterial occlusion pressure. *Clinical Physiology and Functioning Imaging*. 2024.
9. Hammert WB, Kataoka R, Yamada Y, **Song JS**, Kang A, Spitz RW, Loenneke JP. Progression of total training volume in resistance training studies and its application to skeletal muscle growth. *Physiological Measurement*. 2024.

10. **Song JS**, Seffrin A, Yamada Y, Kataoka R, Hammert WB, Spitz RW, Wong V, Kang A, Loenneke JP. Cross-education of muscular endurance: a scoping review. *Sports Medicine*. 2024.
11. Hammert WB, Dankel SJ, Kataoka R, Yamada Y, Kassiano W, **Song JS**, Kang A, Loenneke JP. Methodological considerations when studying resistance trained populations: Ideas for using control groups. *Journal of Strength and Conditioning Research*. 2024.
12. **Song JS**, Hammert WB, Kataoka R, Yamada Y, Kang A, Loenneke JP. Individuals can be taught to sense the degree of vascular occlusion: implication for practical blood flow restriction. *Journal of Strength and Conditioning Research*. 2024.
13. Wong V, **Song JS**, Yamada Y, Kataoka R, Hammert WB, Spitz RW, Loenneke JP. Is there evidence for the asymmetrical transfer of strength to an untrained limb? *European Journal of Applied Physiology*. 2024.
14. Hammert WB, **Song JS**, Yamada Y, Kataoka R, Wong V, Spitz RW, Seffrin A, Kang A, Loenneke JP. Blood flow restriction augments exercise-induced pressure pain thresholds over repetition and effort matched conditions. *Journal of Sports Sciences*. 2024.
15. Spitz RW, Yamada Y, Wong V, Kataoka R, Hammert WB, **Song JS**, Kang A, Seffrin A, Loenneke JP. Blood flow restriction pressure for narrow cuff (5 cm) cannot be estimated with precision. *Physiological Measurement*. 2024.
16. Kataoka R, **Song JS**, Yamada Y, Hammert WB, Seffrin A, Spitz RW, Wong V, Kang A, Loenneke JP. The impact of different ischemic preconditioning pressures on pain sensitivity and exercise performance. *Journal of Strength and Conditioning Research*. 2024.
17. Wong V, Spitz RW, **Song JS**, Yamada Y, Kataoka R, Hammert WB, Kang A, Seffrin A, Bell ZW, Loenneke JP. Blood flow restriction augments the cross-education effect of isometric handgrip training. *European Journal of Applied Physiology*. 2024.
18. Kataoka R, Hammert WB, Yamada Y, **Song JS**, Seffrin A, Kang A, Spitz RW, Wong V, Loenneke JP. The plateau in muscle growth with resistance training: An exploration of possible mechanisms. *Sports Medicine*. 2024.
19. Yamada Y, Kataoka R, Bell ZW, Wong V, Spitz RW, **Song JS**, Abe T, Loenneke JP. Improved interference control after exercise with blood flow restriction and cooling is associated with but not mediated by increased lactate. *Physiology & Behavior*. 2023.
20. **Song JS**, Seffrin A, Yamada Y, Kataoka R, Hammert WB, Spitz RW, Wong V, Kang A, Loenneke JP. Can we improve exercise-induced hypoalgesia with exercise training? An overview and suggestions for future studies. *Physical Therapy in Sport*. 2023.

21. Bell ZW, Wong V, Spitz RW, Yamada Y, **Song JS**, Kataoka R, Chatakondi RN, Abe T, Loenneke JP. Unilateral high-load resistance training influences strength changes in the contralateral arm undergoing low-load training. *Journal of Science and Medicine in Sport*. 2023.
22. Hammert WB, Kataoka R, Yamada Y, Seffrin A, Kang A, **Song JS**, Wong V, Spitz RW, Loenneke JP. The potential role of the myosin head in strength gain following resistance training. *Medical Hypotheses*. 2023.
23. Spitz RW, **Song JS**, Yamada Y, Wong V, Bell ZW, Kataoka R, Loenneke JP. Cuff width does not affect discomfort immediately following isometric handgrip exercise. *Physiology International*. 2023.
24. 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?. *American Journal of Human Biology*. 2023.
25. **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. *Research Quarterly for Exercise and Sport*. 2022.
26. Yamada Y, Kang A, Seffrin A, **Song JS**, Kataoka R, Hammert WB, Spitz RW, Wong V, Loenneke JP. Potential considerations with estimating blood flow restriction pressure in the lower body using a narrower cuff. *European Journal of Applied Physiology*. 2022.
27. Spitz RW, Kataoka R, Dankel SJ, Bell ZW, **Song JS**, Wong V, Yamada Y, Loenneke JP. Quantifying the generality of strength adaptation: a meta-analysis. *Sports Medicine*. 2022.
28. **Song JS**, Yamada Y, Kataoka R, Wong V, Spitz RW, Bell ZW, Loenneke JP. Training-induced hypoalgesia and its potential underlying mechanisms. *Neuroscience and Behavioral Reviews*. 2022.
29. Kataoka R, **Song JS**, Bell ZW, Wong V, Spitz RW, Yamada Y, Loenneke JP. Effect of increased pressure pain threshold on resistance exercise performance with blood flow restriction. *The Journal of Strength & Conditioning Research*. 2022.
30. Wong V, Bell ZW, Spitz RW, **Song JS**, Yamada Y, Abe T, Loenneke JP. Blood flow restriction maintains blood pressure upon head-up tilt. *Physiology International*. 2022.
31. Yamada Y, Spitz RW, Wong V, Bell ZW, **Song JS**, Abe T, Loenneke JP. The impact of isometric handgrip exercise and training on health-related factors: a review. *Clinical Physiology and Functional Imaging*. 2022.
32. Wong V, **Song JS**, Abe T, Spitz RW, Yamada Y, Bell ZW, Kataoka R, Kang M, Loenneke JP. Muscle thickness assessment of the forearm via ultrasonography: is experience level important?. *Biomedical Physics & Engineering Express*. 2022.
33. **Song JS**, Spitz RW, Yamada Y, Bell ZW, Wong V, Abe T, Loenneke JP. Exercise-induced hypoalgesia and pain reduction following blood flow restriction: a brief review. *Physical Therapy in Sport*. 2021.

34. Jeon S, Ye X, Miller WM, **Song JS**. Effect of repeated eccentric exercise on muscle damage markers and motor unit control strategies in arm and hand muscle. *Sports Medicine and Health Science*. 2021.
35. Yamada Y, **Song JS**, Bell ZW, Wong V, Spitz RW, Abe T, Loenneke JP. Effects of isometric handgrip exercise with or without blood flow restriction on interference control and feelings. *Clinical Physiology and Functional Imaging*. 2021.
36. **Song JS**, Yamada Y, Wong V, Bell ZW, Spitz RW, Abe T, Loenneke JP. 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*. 2021.
37. Bell ZW, Spitz RW, Wong V, Yamada Y, **Song JS**, Abe T, Loenneke JP. 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*. 2021.
38. Wong V, **Song JS**, Bell ZW, Yamada Y, Spitz RW, Abe T, Loenneke JP. Blood flow restriction training on resting blood pressure and heart rate: a meta-analysis of the available literature. *Journal of Human Hypertension*. 2021.
39. Abe T, **Song JS**, Bell ZW, Wong V, Spitz RW, Yamada Y, Loenneke JP. Comparison of calorie restriction and structured exercise on reductions in visceral and abdominal subcutaneous tissue: a systemic review. *European Journal of Clinical Nutrition*. 2021.
40. Ye X, Benton RJ, Miller W, Jeon S, **Song JS**. Downhill running impairs peripheral but not central neuromuscular indices in elbow flexor muscles. *Sports Medicine and Health Science*. 2021.
41. Ye X, Miller W, Jeon S, **Song JS**, West T. Effect of arm eccentric exercise on muscle damage of the knee flexors after high-intensity eccentric exercise. *Frontiers in Physiology*. 2021.
42. **Song JS**, Abe T, Bell ZW, Wong V, Spitz RW, Yamada Y, Loenneke JP. The relationship between muscle size and strength does not depend on echo intensity in healthy young adults. *Journal of Clinical Densitometry*. 2020.
43. Miller W, Jeon S, Kang M, **Song JS**, Ye X. Does performance-related information augment the maximal isometric force in the elbow flexors?. *Applied Psychophysiology and Biofeedback*. 2020.
44. Spitz RW, Bell ZW, Wong V, Yamada Y, **Song JS**, Buckner SL, Abe T, Loenneke JP. Strength testing or strength training: considerations for future research. *Physiological Measurement*. 2020.
45. Abe T, Bell ZW, Wong V, Spitz RW, Yamada Y, **Song JS**, Loenneke JP. Skeletal muscle size distribution in large-sized male and female athletes. *American Journal of Human Biology*. 2020.

MANUSCRIPTS UNDER REVIEW

1. Hammert WB, **Song JS**, Yamada Y, Kataoka R, Kang A, Sallberg RW, Metcalf E, Loenneke JP. The influence of pre-training muscle size and exercise-induced growth on strength gain: an exploratory analysis. *European Journal of Applied Physiology*. (under review).
2. **Song JS**, Kataoka R, Yamada Y, Hammert WB, Kang A, Wong V, Spitz RW, Seffrin A, Kassiano W, Loenneke JP. Unilateral high-load resistance training increases absolute but not relative muscular endurance in the contralateral untrained limb. *Research Quarterly for Exercise and Sport*. (under review).
3. Yamada Y, Hammert WB, Kataoka R, **Song JS**, Kang A, Kassiano W, Loenneke JP. 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*. (under review).
4. **Song JS**, Herrera H, Kwon E, Smith J, Lim J, Symons B, Lee S. The effects of a cognitive task between sets on recovery and exercise performance. (in progress).

GRANTS

1. **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**).
2. **Song JS** (Principal Investigator). 2020. “The acute effect of combining neuromuscular electrical stimulation and voluntary isometric exercise on neuromuscular functions.” ACSM Foundation Doctoral Student Research Grant (not funded).
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 (under review).
4. Loenneke JP (Principal Investigator). 2020. “The effect of blood flow restriction on preventing orthostatic intolerance.” Mississippi Space Grant Consortium. \$12,000 (**Awarded**).
 - Wong V, Bell ZW, Spitz RW, Yamada Y, and **Song JS** intellectually contributed to this grant.
5. Loenneke JP (Principal Investigator); Shirley HL (Co-Investigator); Juboori RA (Co-Investigator). 2024. “Can disuse-induced muscle weakness be prevented by combining the power of mind with blood flow restriction?” Department of Defense. \$1,220,610 (under review).
 - **Song JS**, Kataoka R, Yamada Y, Kassiano W, and Kang A intellectually contributed to this grant.
6. Loenneke JP (Principal Investigator). 2022. “A no cost solution to improving blood pressure and health equity.” The Robert Wood Johnson Foundation. \$225,800 (not funded)
 - **Song JS**, Spitz RW, Wong V, Yamada Y, Kataoka R, and Hammert WB intellectually contributed to this grant.

7. Loenneke JP (Principal Investigator); Jessee MB (Co-Investigator); Juboori RA (Co-Investigator). 2023. “A Novel Strategy for Improving Anxiety and Blood Pressure Simultaneously.” National Heart, Lung, and Blood Institute. \$479,002 (Under Review).
 - Yamada Y, Hammert WB, Kataoka R, and **Song JS** intellectually contributed to this grant.
8. Loenneke JP (Principal Investigator); Jessee MB (Co-Investigator); Loprinzi P (Consultant). 2022. “An efficient and effective way to mitigate the rise in anxiety.” John W. Brick Mental Health Foundation. \$438,328 (full proposal invited and under review).
 - Bell ZW, Spitz RW, Wong V, **Song JS**, Kataoka R, and Yamada Y intellectually contributed to this grant.
9. Loenneke JP (Principal Investigator); Jessee MB (Co-Investigator); Loprinzi P (Consultant). 2022. “A Novel Strategy for Improving Anxiety and Blood Pressure Simultaneously.” National Institutes of Mental Health. \$275,000 (not funded).
 - Bell ZW, Spitz RW, Wong V, **Song JS**, Kataoka R, and Yamada Y intellectually contributed to this grant.
10. Loenneke JP (Principal Investigator); Jessee MB (Co-Investigator); Dankel SJ (Co-Investigator); Owens J (Consultant); and Mouser JG (Consultant). 2021. “The Impact of Blood Flow Restriction Training on Vascular Function and Blood Pressure: Does the effect depend on race and sex?” Department of Defense (PRMRP Clinical Trial) \$1,208,862 (not funded).
 - Bell ZW, Spitz RW, Wong V, Yamada Y, and **Song JS** intellectually contributed to this grant.
11. Loenneke JP (Principal Investigator). 2021. “The influence of Blood Flow Restriction Training on Resting Blood Pressure in Women: Adaptive or Maladaptive?” Foundation for Women’s Wellness \$25,000 (not funded).
 - Spitz RW, Bell ZW, Wong V, Yamada Y, and **Song JS** intellectually contributed to this grant.

TEACHING EXPERIENCE

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

EDKN 4401 – Exercise Test and Prescription
EDKN 4344 – Health and Aging
EDKN 4334 – Research Project in Exercise Science

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 (Division I)
Halla University, Wonju, South Korea

Strength & Conditioning (Physical) Coach 2018
Sungkyunkwan University Men's Soccer Team (Division I)
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

SCIENTIFIC ABSTRACTS / PRESENTATIONS

1. **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).
2. **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).

3. **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).
4. **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.
5. **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.
6. **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.
7. **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).
8. **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.
9. **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.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.

15. 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.
16. 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.
17. 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.
18. Wong V, Spitz RW, **Song JS**, Yamada Y, Kataoka R, Hammert WB, Kang A, Seffrin A, Bell ZW, Loenneke JP. The Influence of Unilateral Handgrip Training with Blood Flow Restriction on the Cross-Education of Strength. 2023 ACSM National Conference.
19. Spitz RW, Wong V, Yamada Y, **Song JS**, Kataoka R, Hammert WB, Seffrin A, Kang A, Bell ZW, Loenneke JP. Low intensity isometric contractions with or without blood flow restriction do not lower blood pressure. 2023 ACSM National Conference.
20. 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.
21. Kang A, Wong V, Spitz RW, Kataoka R, **Song JS**, Yamada Y, Hammert WB, Seffrin A, Bell ZW, Loenneke JP. Effect of handgrip training with blood flow restriction on resting blood flow and forearm vascular resistance. 2023 ACSM National Conference.
22. Seffrin A, Kang A, Yamada Y, Kataoka R, Wong V, Spitz RW, **Song JS**, Hammert WB, Bell ZW, Loenneke JP. Discomfort responses to low-intensity training with blood flow restriction and high- and low-intensity handgrip training. 2023 ACSM National Conference.
23. 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.
24. 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.
25. Kataoka R, **Song JS**, Bell ZW, Wong V, Spitz RW, Yamada Y, Loenneke JP. Effect of increased pressure pain threshold on resistance exercise with blood flow restriction. 2022 ACSM National Conference.

26. Wong V, Bell ZW, Spitz RW, **Song JS**, Yamada Y, Abe T, Loenneke JP. Blood flow restriction prevents the drop in blood pressure upon head-up tilt. 2022 ACSM National Conference.
27. Yamada Y, Kataoka R, Bell ZW, Wong V, Spitz RW, **Song JS**, Abe T, Loenneke JP. Does acute exercise with blood flow restriction and cooling affect interference control? 2022 ACSM National Conference.
28. Bell ZW, Spitz RW, Wong V, Yamada Y, **Song JS**, Kataoka R, Abe T, Loenneke JP. The effects of high load and low load unilateral bicep training on changes in post-activation performance enhancement. 2022 ACSM National Conference.
29. Bell ZW, Spitz RW, Wong V, Yamada Y, **Song JS**, Abe T, Loenneke JP. Comparing conditioning methods: implications for practical blood flow restriction exercise. 2021 ACSM National Conference.
30. Yamada Y, **Song JS**, Bell ZW, Wong V, Spitz RW, Abe T, Loenneke JP. Impact of isometric handgrip exercise with blood flow restriction on interference control and affect. 2021 ACSM National Conference.
31. Wong V, Jessee MB, Bell ZW, Yamada Y, **Song JS**, Spitz RW, Buckner SL, Mouser JG, Abe T, Loenneke JP. The influence of limb blood flow on muscle growth with different resistance training protocols. 2021 ACSM National Conference.
32. Spitz RW, **Song JS**, Wong V, Bell ZW, Yamada Y, Abe T, Loenneke JP. The effect of blood flow restricted isometric forearm exercise on discomfort and force production. 2021 ACSM National Conference.
33. Ye X, Benton R, Miller W, Jeon S, **Song JS**. Correlations between thigh muscle soreness and arm muscle neuromuscular indices after prolonged downhill running exercises. 2021 ACSM National Conference.
34. 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.
35. 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

Blackburn Graduate Award in Exercise Science The University of Mississippi, Oxford, MS	2024
1 st Place in Trainology VIII The University of Mississippi, Oxford, MS	2024
2 nd Place in Damien Moore Memorial Lecture The University of Mississippi, Oxford, MS	2024

Dissertation Fellowship Award The University of Mississippi, Oxford, MS	2023
4 th Place in Trainology VII The University of Mississippi, Oxford, MS	2023
3 rd Place in Graduate Student Council Research Symposium Pitch Presentation The University of Mississippi, Oxford, MS	2023
5 th Place in Trainology VI The University of Mississippi, Oxford, MS	2022
3 rd Place in Neuroscience Showcase The University of Mississippi, Oxford MS	2022
3 rd Place in Trainology V The University of Mississippi, Oxford, MS	2021
Research Award in 16 th KS-ACSM Annual Meeting Korean Society at American College of Sports Medicine (KS-ACSM)	2021
Achievement Award (Physical Education Department) Seoul National University, Seoul, South Korea	2010

EXTERNAL PEER REVIEWER

Sports Medicine – Open
PLOS ONE
Research Quarterly for Exercise and Sport
Journal of Pain Research
PeerJ
Sport Sciences for Health
Measurement in Physical Education and Exercise Science
International Journal of Exercise Science
Current Psychology

SERVICE

Texas A&M University–San Antonio, San Antonio, TX

College of Education and Human Development Recruitment & Retention Committee	2024-Present
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The University of Mississippi, Oxford, MS

Department Representative - Mississippi Day	2024
Department Representative - Mississippi Day	2023
Department Representative - Mississippi Day	2022
