

## Curriculum Vitae

### **Matthew B. Jessee, PhD**

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#### **EDUCATION**

- 2018            PhD. Health and Kinesiology. University of Mississippi.
- 2015            MS. Exercise Science. University of Mississippi.
- 2012            BS. Exercise Science. Appalachian State University.

#### **PROFESSIONAL APPOINTMENTS**

- 2019-Present    Assistant Professor.  
Department of Health, Exercise Science, and Recreation Management.  
University of Mississippi.
- 2018-2019      Assistant Professor.  
School of Kinesiology and Nutrition.  
University of Southern Mississippi.

#### **PUBLICATIONS**

##### **Refereed Journal Articles**

- Credeur DP, Jones R, Stanford DM, Stoner L, McCoy S, & **Jessee MB**. (2019). Central cardiovascular hemodynamic response to unilateral handgrip exercise with blood flow restriction. *European journal of applied physiology*, 1-9.
- Jessee MB**, Buckner SL, Mattocks KT, Dankel SJ, Mouser JG, Bell ZW, ... & Loenneke JP. (2019). Blood flow restriction augments the skeletal muscle response during very low-load resistance exercise to volitional failure. *Physiology international*, 106(2), 180-193.
- Mattocks KT, Mouser JG, **Jessee MB**, Buckner SL, Dankel SJ, Bell ZW, ... & Loenneke JP. (2019). Perceptual changes to progressive resistance training with and without blood flow restriction. *Journal of sports sciences*, 1-8.
- Mouser JG, Mattocks KT, Buckner SL, Dankel SJ, **Jessee MB**, Bell ZW, ... & Loenneke JP. (2019). High-pressure blood flow restriction with very low load resistance training results in peripheral vascular adaptations similar to heavy resistance training. *Physiological measurement*, 40(3), 035003.
- Loenneke JP, Dankel SJ, Bell ZW, Buckner SL, Mattocks KT, **Jessee MB**, & Abe T. (2019). Is muscle growth a mechanism for increasing strength? *Medical hypotheses*, 125, 51-56.

Mattocks KT, Mouser JG, **Jessee MB**, Dankel SJ, Buckner SL, Bell ZW, ... & Loenneke JP. (2018). Acute hemodynamic changes following high load and very low load lower body resistance exercise with and without the restriction of blood flow. *Physiological measurement*, 39(12), 125007.

Dankel SJ, Abe T, Bell ZW, **Jessee MB**, Buckner SL, Mattocks KT, ... & Loenneke JP. (2018). The Impact of Ultrasound Probe Tilt on Muscle Thickness and Echo-Intensity: A Cross-Sectional Study. *Journal of Clinical Densitometry*.

Buckner SL, **Jessee MB**, Dankel SJ, Mattocks KT, Mouser JG, Bell ZW, ... & Loenneke JP. (2019). Acute skeletal muscle responses to very low-load resistance exercise with and without the application of blood flow restriction in the upper body. *Clinical physiology and functional imaging*, 39(3), 201-208.

Abe T, Mouser JG, Dankel SJ, Bell ZW, Buckner SL, Mattocks KT, ... & Loenneke JP. (2019). A method to standardize the blood flow restriction pressure by an elastic cuff. *Scandinavian journal of medicine & science in sports*, 29(3), 329-335.

**Jessee MB**, Buckner SL, Dankel SJ, Mattocks KT, Bell ZW, Abe T, & Loenneke JP. (2018). Arterial occlusion pressure as a method to quantify cardiovascular responses to exercise. *Biomedical Physics & Engineering Express*, 4(6), 065034.

**Jessee MB**, Buckner SL, Mouser JG, Mattocks KT, Dankel SJ, Abe T, ... & Loenneke JP. (2018). Muscle adaptations to high-load training and very low-load training with and without blood flow restriction. *Frontiers in Physiology*, 9, 1448.

Abe T, Dankel SJ, Buckner SL, **Jessee MB**, Mattocks KT, Mouser JG, ... & Loenneke JP. (2019). Magnetic resonance imaging-measured skeletal muscle mass to fat-free mass ratio increases with increasing levels of fat-free mass. *The Journal of sports medicine and physical fitness*, 59(4), 619-623.

Bell ZW, Dankel SJ, Mattocks KT, Buckner SL, **Jessee MB**, Mouser JG, ... & Loenneke JP. (2018). An investigation into setting the blood flow restriction pressure based on perception of tightness. *Physiological measurement*, 39(10), 105006.

Dankel SJ, **Jessee MB**, Mattocks KT, Buckner SL, Mouser JG, Bell ZW, ... & Loenneke JP. (2019). Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure. *Clinical physiology and functional imaging*, 39(1), 29-34.

Mouser JG, Mattocks KT, Dankel SJ, Buckner SL, **Jessee MB**, Bell ZW, ... & Loenneke JP. (2018). Very-low-load resistance exercise in the upper body with and without blood flow restriction: cardiovascular outcomes. *Applied Physiology, Nutrition, and Metabolism*, 44(3), 288-292.

**Jessee MB**, Mouser JG, Buckner SL, Dankel SJ, Mattocks KT, Abe T, & Loenneke JP. (2018). Effects of load on the acute response of muscles proximal and distal to blood flow restriction. *The Journal of Physiological Sciences*, 68(6), 769-779.

Mouser JG, **Jessee MB**, Mattocks KT, Bell ZW, Buckner SL, Dankel SJ, ... & Loenneke JP. (2018). Blood flow restriction: Methods matter. *Experimental gerontology*, 104, 7-8.

Abe T, Dankel SJ, Buckner SL, **Jessee MB**, Mattocks KT, Mouser JG, ... & Loenneke JP. (2019). Differences in 100-m sprint performance and skeletal muscle mass between elite male and female sprinters. *The Journal of sports medicine and physical fitness*, 59(2), 304-309.

Abe T, Buckner SL, Dankel SJ, **Jessee MB**, Mattocks KT, Mouser JG, & Loenneke JP. (2018). Skeletal muscle mass in human athletes: What is the upper limit? *American Journal of Human Biology*, 30(3), e23102.

Mouser JG, Dankel SJ, Mattocks KT, **Jessee MB**, Buckner SL, Abe T, & Loenneke JP. (2018). Blood flow restriction and cuff width: Effect on blood flow in the legs. *Clinical physiology and functional imaging*, 38(6), 944-948.

Mattocks KT, **Jessee MB**, Mouser JG, Dankel SJ, Buckner SL, Bell ZW, ... & Loenneke JP. (2018). The Application of Blood Flow Restriction: Lessons from the Laboratory. *Current sports medicine reports*, 17(4), 129-134.

Dankel SJ, Mouser JG, Mattocks KT, **Jessee MB**, Buckner SL, Bell ZW, ... & Loenneke JP. (2018). Changes in muscle size via MRI and ultrasound: Are they equivalent? *Scandinavian journal of medicine & science in sports*, 28(4), 1467-1468.

Dankel SJ, Mattocks KT, Mouser JG, Buckner SL, **Jessee MB**, & Loenneke JP. (2018). A critical review of the current evidence examining whether resistance training improves time trial performance. *Journal of sports sciences*, 36(13), 1485-1491.

Buckner SL, Dankel SJ, Mouser JG, Mattocks KT, **Jessee MB**, & Loenneke JP. (2017). Chasing the top quartile of cross-sectional data: Is it possible with resistance training? *Medical hypotheses*, 108, 63-68.

Dankel SJ, Buckner SL, **Jessee MB**, Mouser JG, Mattocks KT, Abe T, & Loenneke JP. (2018). Correlations do not show cause and effect: Not even for changes in muscle size and strength. *Sports Medicine*, 48(1), 1-6.

Dankel SJ, Mattocks KT, **Jessee MB**, Buckner SL, Mouser JG, & Loenneke JP. (2017). Do metabolites that are produced during resistance exercise enhance muscle hypertrophy? *European journal of applied physiology*, 117(11), 2125-2135.

**Jessee MB**, Mattocks KT, Buckner SL, Dankel SJ, Mouser JG, Abe T, & Loenneke JP. (2018). Mechanisms of Blood Flow Restriction: The New Testament. *Techniques in Orthopaedics*, 33(2), 72-79.

Mouser JG, Laurentino GC, Dankel SJ, Buckner SL, **Jessee MB**, Counts BR, ... & Loenneke JP. (2017). Blood flow in humans following low-load exercise with and without blood flow restriction. *Applied Physiology, Nutrition, and Metabolism*, 42(11), 1165-1171.

Dankel SJ, **Jessee MB**, Buckner SL, Mouser JG, Mattocks KT, & Loenneke JP. (2017). Are higher blood flow restriction pressures more beneficial when lower loads are used? *Physiology international*, 104(3), 247-257.

Buckner SL, Dankel SJ, Mattocks KT, **Jessee MB**, Mouser JG, & Loenneke JP. (2017). Muscle size and strength: another study not designed to answer the question. *European journal of applied physiology*, 117(6), 1273.

**Jessee MB**, Dankel SJ, Buckner SL, Mouser JG, Mattocks KT, & Loenneke JP. (2017). The cardiovascular and perceptual response to very low load blood flow restricted exercise. *International journal of sports medicine*, 38(08), 597-603.

Dankel SJ, Buckner SL, **Jessee MB**, Mattocks KT, Mouser JG, Counts BR, ... & Loenneke JP. (2016). Post-exercise blood flow restriction attenuates muscle hypertrophy. *European journal of applied physiology*, 116(10), 1955-1963.

Counts BR, Buckner SL, Mouser JG, Dankel SJ, **Jessee MB**, Mattocks KT, & Loenneke JP. (2017). Muscle growth: To infinity and beyond? *Muscle & nerve*, 56(6), 1022-1030.

Mouser JG, Dankel SJ, **Jessee MB**, Mattocks KT, Buckner SL, Counts BR, & Loenneke JP. (2017). A tale of three cuffs: the hemodynamics of blood flow restriction. *European journal of applied physiology*, 117(7), 1493-1499.

Mattocks KT, Buckner SL, **Jessee MB**, Dankel SJ, Mouser JG, & Loenneke JP. (2017). Practicing the Test Produces Strength Equivalent to Higher Volume Training. *Medicine and science in sports and exercise*, 49(9), 1945-1954.

Buckner SL, Mouser JG, **Jessee MB**, Dankel SJ, Mattocks KT, & Loenneke JP. (2017). What does individual strength say about resistance training status? *Muscle & nerve*, 55(4), 455-457.

Dankel SJ, Buckner SL, Counts BR, **Jessee MB**, Mouser JG, Mattocks KT, ... & Loenneke JP. (2017). The acute muscular response to two distinct blood flow restriction protocols. *Physiology international*, 104(1), 64-76.

Buckner SL, Mouser JG, Dankel SJ, **Jessee MB**, Mattocks KT, & Loenneke JP. (2017). The general adaptation syndrome: potential misapplications to resistance exercise. *Journal of science and medicine in sport*, 20(11), 1015-1017.

**Jessee MB**, Mattocks KT, Buckner SL, Mouser JG, Counts BR, Dankel SJ, ... & Loenneke JP. (2018). The acute muscular response to blood flow-restricted exercise with very low relative pressure. *Clinical physiology and functional imaging*, 38(2), 304-311.

Dankel SJ, Buckner SL, **Jessee MB**, Mattocks KT, Mouser JG, Counts BR, ... & Loenneke JP. (2018). Can blood flow restriction augment muscle activation during high-load training? *Clinical physiology and functional imaging*, 38(2), 291-295.

Mattocks KT, **Jessee MB**, Counts BR, Buckner SL, Mouser JG, Dankel SJ, ... & Loenneke JP. (2017). The effects of upper body exercise across different levels of blood flow restriction on arterial occlusion pressure and perceptual responses. *Physiology & behavior*, 171, 181-186.

Buckner SL, Dankel SJ, Mattocks KT, **Jessee MB**, Mouser JG, Counts BR, ... & Loenneke JP. (2017). Differentiating swelling and hypertrophy through indirect assessment of muscle damage in untrained men following repeated bouts of resistance exercise. *European journal of applied physiology*, 117(1), 213-224.

Dankel SJ, Mattocks KT, **Jessee MB**, Buckner SL, Mouser JG, Counts BR, ... & Loenneke JP. (2017). Frequency: the overlooked resistance training variable for inducing muscle hypertrophy? *Sports Medicine*, 47(5), 799-805.

Buckner SL, Dankel SJ, Mattocks KT, **Jessee MB**, Mouser JG, Counts BR, & Loenneke JP. (2016). The problem of muscle hypertrophy: revisited. *Muscle & nerve*, 54(6), 1012-1014.

Mattocks KT, Dankel SJ, Buckner SL, **Jessee MB**, Counts BR, Mouser JG, ... & Loenneke JP. (2016). Periodization: what is it good for? *Journal of Trainology*, 5(1), 6-12.

Dankel SJ, Mouser JG, Mattocks KT, Counts BR, **Jessee MB**, Buckner SL, ... & Loenneke JP. (2017). The widespread misuse of effect sizes. *Journal of science and medicine in sport*, 20(5), 446-450.

Counts BR, Rossow LM, Mattocks KT, Mouser JG, **Jessee MB**, Buckner SL, ... & Loenneke JP. (2018). Let's talk about sex: where are the young females in blood flow restriction research? *Clinical physiology and functional imaging*, 38(1), 1-3.

Dankel SJ, Buckner SL, **Jessee MB**, Mattocks KT, Mouser JG, Counts BR, ... & Loenneke JP. (2016). Post-exercise blood flow restriction attenuates muscle hypertrophy. *European journal of applied physiology*, 116(10), 1955-1963.

Buckner SL, Dankel SJ, Counts BR, Barnett BE, **Jessee MB**, Mouser JG, ... & Loenneke JP. (2016). Does the time of your health screening alter your "health"? *International journal of cardiology*, 220, 524-526.

Counts BR, Buckner SL, Dankel, SJ, **Jessee MB**, Mattocks KT, Mouser JG, ... & Loenneke JP. (2016). The acute and chronic effects of "NO LOAD" resistance training. *Physiology & behavior*, 164, 345-352.

Dankel SJ, **Jessee MB**, Mattocks KT, Mouser JG, Counts BR, Buckner SL, & Loenneke JP. (2017). Training to fatigue: the answer for standardization when assessing muscle hypertrophy? *Sports Medicine*, 47(6), 1021-1027.

Buckner SL, **Jessee MB**, Mattocks KT, Mouser JG, Counts BR, Dankel SJ, & Loenneke JP. (2017). Determining strength: a case for multiple methods of measurement. *Sports Medicine*, 47(2), 193-195.

Buckner SL, Dankel SJ, Counts BR, Barnett BE, **Jessee MB**, Mouser JG, ... & Loenneke JP. (2016). Do rhythms exist in elbow flexor torque, oral temperature and muscle thickness during normal waking hours? *Physiology & behavior*, 160, 12-17.

**Jessee MB**, Buckner SL, Dankel SJ, Counts BR, Abe T, & Loenneke JP. (2016). The influence of cuff width, sex, and race on arterial occlusion: implications for blood flow restriction research. *Sports Medicine*, 46(6), 913-921.

Buckner SL, Dankel SJ, Counts BR, **Jessee MB**, Mouser JG, Mattocks KT, ... & Loenneke JP. (2017). Influence of cuff material on blood flow restriction stimulus in the upper body. *The Journal of Physiological Sciences*, 67(1), 207-215.

Dankel SJ, **Jessee MB**, Abe T, & Loenneke JP. (2016). The effects of blood flow restriction on upper-body musculature located distal and proximal to applied pressure. *Sports Medicine*, 46(1), 23-33.

**Jessee MB**, Buckner SL, Mouser JG, Mattocks KT, & Loenneke JP. (2016). Letter to the editor: Applying the blood flow restriction pressure: the elephant in the room. *American Journal of Physiology-Heart and Circulatory Physiology*, 310(1), H132-H133.

## GRANTS

2017 “Have improper analyses cost us millions: reassessing inter-individual responses to exercise.” PI: Loenneke JP. University of Mississippi. National Institutes of Aging. \$300,000 (Not Funded).

2017 “The muscular and vascular effects of very low loads with and without different levels of blood flow restriction.” PI: Loenneke JP. University of Mississippi. American College of Sports Medicine. \$10,000 (Not Funded).

2016 “Does low load exercise in combination with blood flow restriction attenuate muscle damage and/or confer a protective effect to a subsequent bout of high load exercise in statin users?” PI: Loenneke JP. University of Mississippi. National Institutes of Aging. \$144,000 (Not Funded).

## CONFERENCES

### Discussant

**Jessee MB**, Mouser JG, Buckner SL. Blood Flow Restriction: Important Updates and Applications. Annual Meeting Southeast American College of Sports Medicine. Greenville, SC. February 14-16, 2019.

## Papers Presented

Abe T, Mouser JG, Dankel SJ, Bell ZW, Buckner SL, Mattocks KT, **Jessee MB**, Loenneke JP. Standardizing Practical Blood Flow Restriction. Annual Meeting Southeast American College of Sports Medicine. Chattanooga, TN. February 15-17, 2018.

## Students' Presentations

Stanford DM, Park J, **Jessee MB**. The Cardiovascular and Muscular Responses to Different Exercise Modalities with Blood Flow Restriction. Trainology III. Oxford, MS. July 12, 2019.

Park J, Stanford DM, **Jessee MB**. The Acute Muscular Response to Passive Movement and Blood Flow Restriction. Trainology III. Oxford, MS. July 12, 2019.

## Abstracts

**Jessee MB**, Buckner SL, Mouser JG, Mattocks KT, Dankel SJ, Abe T, Bell ZW, Bentley JP, Loenneke JP. Endurance is Augmented By Greater Blood Flow Restriction Pressures: Muscle Size and Strength Are Not. American College of Sports Medicine National Conference. Orlando, FL. May 28-June 1, 2019.

Buckner SL, **Jessee MB**, Dankel SJ, Mattocks KT, Grant Mouser JG, Bell ZW, Abe T, Bentley JP, Loenneke JP. Blood Flow Restriction Does Not Augment Low Force Contractions Taken to or Near Task Failure. American College of Sports Medicine National Conference. Orlando, FL. May 28-June 1, 2019.

Mattocks KT, Mouser JG, **Jessee MB**, Dankel SJ, Buckner SL, Bell ZW, Abe T, Bentley JP, Loenneke JP. High Blood Flow Restriction Pressure is Necessary to Induce Vascular Adaptations with Very Low-Load Training. American College of Sports Medicine National Conference. Orlando, FL. May 28-June 1, 2019.

Mouser JG, Mattocks KT, **Jessee MB**, Buckner SL, Dankel SJ, Bell ZW, Bentley JP, Abe T, Loenneke JP. High Pressure Blood Flow Restriction Is Necessary For Peripheral Vascular Adaptations With Very Low Loads. American College of Sports Medicine National Conference. Orlando, FL. May 28-June 1, 2019.

Dankel SJ, Mouser JG, Abe T, Bell ZW, Buckner SL, Mattocks KT, **Jessee MB**, Loenneke JP. Arm Circumference As A Method To Standardize The Practical Blood Flow Restriction Pressure. American College of Sports Medicine National Conference. Orlando, FL. May 28-June 1, 2019.

Stanford DM, Credeur DP, Jones R, McCoy SM, **Jessee MB**. Using Lower Loads Attenuates the Cardiovascular Response to Blood Flow Restricted Handgrip Exercise. Annual Meeting Southeast American College of Sports Medicine. Greenville, SC. February 14-16, 2019.

**Jessee MB**, Buckner SL, Mattocks KT, Mouser JG, Dankel SJ, Bell ZW, Abe T, Loenneke JP. Very Low Load Resistance Exercise Is Augmented by Blood Flow Restriction in The Lower Body. American College of Sports Medicine National Conference. Minneapolis, MN. May 29-June 2, 2018.

Mouser JG, Mattocks KT, Dankel SJ, Buckner SL, **Jessee MB**, Bell ZW, Abe T, Loenneke JP. Cardiovascular Responses to Blood Flow Restriction and Very Low Load Resistance Exercise in the Upper Body. American College of Sports Medicine National Conference. Minneapolis, MN. May 29-June 2, 2018.

Dankel SJ, Mouser JG, Mattocks KT, **Jessee MB**, Buckner SL, Abe T, Loenneke JP. The effects of cuff width on hemodynamics in the legs during blood flow restriction. American College of Sports Medicine National Conference. Minneapolis, MN. May 29-June 2, 2018.

Mattocks KT, Mouser JG, **Jessee MB**, Dankel SJ, Buckner SL, Bell ZW, Abe T, Loenneke JP. Acute Hemodynamic Response to Very Low Load Resistance Exercise With or Without Blood Flow Restriction. American College of Sports Medicine National Conference. Minneapolis, MN. May 29-June 2, 2018.

Buckner SL, **Jessee MB**, Dankel SJ, Mouser JG, Mattocks KT, Bell ZW, Abe T, Loenneke JP. Muscular responses to very low load resistance exercise with blood flow restriction in the upper body. American College of Sports Medicine National Conference. Minneapolis, MN. May 29-June 2, 2018.

Bell ZW, Buckner SL, **Jessee MB**, Mouser JG, Mattocks KT, Dankel SJ, Abe T, Loenneke JP. Perceptual And Cardiovascular Responses To Very Low Load Exercise With And Without Blood Flow Restriction. American College of Sports Medicine National Conference. Minneapolis, MN. May 29-June 2, 2018.

**Jessee MB**, Mattocks KT, Counts BR, Buckner SL, Mouser JG, Dankel SJ, Laurentino GC, Loenneke JP. The Acute Muscular Responses to Blood Flow Restricted Exercise Using Low and High Relative Pressures. American College of Sports Medicine National Conference. Denver, CO. May 30-June 3, 2017.

Mouser JG, Laurentino GC, Dankel SJ, Buckner SL, **Jessee MB**, Counts BR, Mattocks KT, Loenneke JP. Blood Flow in Humans During Low-Load Exercise with and without Blood Flow Restriction. American College of Sports Medicine National Conference. Denver, CO. May 30-June 3, 2017.

Mattocks KT, **Jessee MB**, Counts BR, Buckner SL, Mouser JG, Dankel SJ, Laurentino GC, Loenneke JP. Effects of Different Levels of Blood Flow Restriction on Arterial Occlusion Pressure and Perceptual Responses. American College of Sports Medicine National Conference. Denver, CO. May 30-June 3, 2017.



Loenneke JP, Dankel SJ, **Jessee MB**, Buckner SL, Mouser JG, Mattocks KT. Are Higher Blood Flow Restriction Pressures More Beneficial When Lower Loads Are Used? American College of Sports Medicine National Conference. Denver, CO. May 30-June 3, 2017.

Dankel SJ, **Jessee MB**, Buckner SL, Mouser JG, Mattocks KT, Loenneke JP. Cardiovascular and Perceptual Responses to Various Blood Flow Restriction Pressures and Exercise Loads. American College of Sports Medicine National Conference. Denver, CO. May 30-June 3, 2017.

Buckner SL, Dankel SJ, Mattocks KT, **Jessee MB**, Mouser JG, Counts BR, Laurentino GC, Loenneke JP. Differentiating Swelling and Hypertrophy Following Repeated Bouts of Resistance Exercise. American College of Sports Medicine National Conference. Denver, CO. May 30-June 3, 2017.

**Jessee MB**, Buckner SL, Dankel SJ, Counts BR, Abe T, and Loenneke JP. The Influence of Cuff Width and Sex on Arterial Occlusion: Implications for Blood Flow Restriction Research. American College of Sports Medicine National Conference. Boston, MA. May 31-June 4, 2016.

Barnett BE, Buckner SL, Dankel SJ, Counts BR, **Jessee MB**, Mouser JG, Halliday TM, and Loenneke JP. Circadian Rhythms in Blood Glucose and Blood Pressure: Are they Reproducible? American College of Sports Medicine National Conference. Boston, MA. May 31-June 4, 2016.

Counts BR, Buckner SL, Dankel SJ, **Jessee MB**, Mattocks KT, Mouser JG, Laurentino GC, and Loenneke JP. The Acute Response to No Load Exercise: Is it Sufficient? American College of Sports Medicine National Conference. Boston, MA. May 31-June 4, 2016.

Mouser JG, Buckner SL, Counts BR, Dankel SJ, **Jessee MB**, Mattocks KT, Laurentino GC, and Loenneke JP. Venous versus Arterial Blood Flow Restriction: The Impact of Cuff Width. American College of Sports Medicine National Conference. Boston, MA. May 31-June 4, 2016.

Mattocks KT, Buckner SL, Dankel SJ, Counts BR, **Jessee MB**, Mouser JG, Laurentino GC, Abe T, and Loenneke JP. The Influence of Cuff Material on the Blood Flow Restriction Stimulus in the Upper Body. American College of Sports Medicine National Conference. Boston, MA. May 31-June 4, 2016.

Laurentino GC, Mouser JG, Buckner SL, Counts BR, Dankel SJ, **Jessee MB**, Mattocks KT, Loenneke JP, and Tricoli V. The influence of cuff width on regional muscle growth: Implications for Blood Flow Restriction Training. American College of Sports Medicine National Conference. Boston, MA. May 31-June 4, 2016.

Loenneke JP, Buckner SL, Dankel SJ, **Jessee MB**, Counts BR, Mouser JG, Mattocks KT, Laurentino GC, and Abe T. The Influence of Cuff Material on the Acute Muscular Response to Blood Flow Restricted Exercise in the Upper Body. American College of Sports Medicine National Conference. Boston, MA. May 31-June 4, 2016.

Buckner SL, Dankel SJ, Counts BR, Barnett BE, **Jessee MB**, Mouser JG, Halliday TM, and Loenneke JP. The Influence of Circadian Rhythms on Upper Body Isometric Strength, Muscle Thickness and Body Temperature. American College of Sports Medicine National Conference. Boston, MA. May 31-June 4, 2016.

## INVITED TALKS

**Jessee MB.** Evidence Based Exercise Benefits and Recommendations. Taking Off Pounds Sensibly. Hattiesburg, MS. May 3, 2018.

## TEACHING

### **Department of Health, Exercise Science, and Recreation Management. University of Mississippi.**

Research Methods in Health, Exercise Science, and Recreation Management (ES 350)	Fall 2019
Trends and Topics in Exercise Science (ES 391)	Fall 2019
Measurements and Statistics in Exercise Science (ES 351)	Fall 2017
Tennis (EL 147)	Fall 2017
Exercise Science Internship (ES 493)	Fall 2016 Spring/Summer 2017 Spring/Summer 2018
Exercise Science Practicum (ES 473)	Spring/Summer/Fall 2016 Spring/Summer 2017 Spring/Summer 2018
Personal and Community Health (HP 191)	Summer/Fall 2015
Allied Health Terminology (ES 396)	Spring 2015
Exercise Leadership (ES 402)	Fall 2014
Exercise Testing and Prescription Laboratory (ES 457)	Summer 2014 Spring 2015 Spring 2018
Physiology of Exercise Laboratory (ES 349)	Fall/Summer 2014
First Aid / CPR (HP 203)	Fall/Summer 2014 Fall 2015 Spring 2016

Sports Conditioning (EL 153)	Spring 2014 Spring 2015
Weight Lifting (EL 151)	Fall 2013
Racquetball (EL 124)	Fall 2013 Fall 2016

**School of Kinesiology and Nutrition.  
University of Southern Mississippi.**

Exercise Physiology II (KIN 402)	Spring 2019
Exercise Physiology I (KIN 308)	Fall 2018 Spring 2019

**RESEARCH EXPERIENCE**

2019-Current	Applied Human Health and Physical Function Laboratory. University of Mississippi.
2018-2019	Applied Exercise Physiology Laboratory. University of Southern Mississippi.
2014-2018	Kevser Ermin Applied Physiology Laboratory. University of Mississippi.

**SERVICE**

**Mentorship of Students**

2018-Present	Daphney Stanford. MS and PhD Advisor.
2018-2019	Joonsun Park. Research Advisor.

**Disciplinary**

2019-Present	External Peer Reviewer. PLOS ONE.
2019-Present	External Peer Reviewer. Journal of Physical Activity and Health.
2018-Present	External Peer reviewer. Physiology International.
2017-Present	External Peer Reviewer. Journal of Trainology.

**Departmental**

2014-2018 Representative for Orientations. Health, Exercise Science, and Recreation Management. University of Mississippi.

2014-2018 Academic Advisor. Health, Exercise Science, and Recreation Management. University of Mississippi.

**University**

2016-2018 Instructor - Basic Skills for Emergency Response. Staff Appreciation Week. University of Mississippi.

2016 Color My College 5K Event Staff. University of Mississippi.

2014-2018 Rebel Man Sprint Triathlon Route Coordinator. University of Mississippi.

2013-2015 Rebel Well Faculty and Staff Health Fair. University of Mississippi.

**Community**

2017-2018 Region 7 Science Fair Judge.

**PROFESSIONAL AFFILIATIONS**

2015-Present American College of Sports Medicine.

2013-Present American Red Cross.

2012-Present National Strength and Conditioning Association