

## CURRICULUM VITAE

Jun Seob Song, M.S.  
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### EDUCATION

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| 2019-Present | Doctor of Philosophy in Health and Kinesiology<br>The University of Mississippi  |
| 2012-2013    | Master of Science in Exercise Physiology<br>Liverpool John Moores University, UK<br>Thesis: Neuromuscular fatigue and recovery after soccer-specific intermittent exercise: a comparison between 2 and 3 days of recovery.<br>Committee Members: Dr. Barry Drust, Dr. Robert Erskine |
| 2008-2012    | Bachelor of Science in Physical Education<br>Seoul National University, South Korea  |

### POSITIONS

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| 2019-Present | Graduate Research Assistant, Kevser Ermin Physiology Laboratory, Department of Health, Exercise Science, and Recreation Management, The University of Mississippi<br>Advisor: Dr. Jeremy P Loenneke |
| 2021-2022    | Graduate Assistant, The School of Applied Science (SAS) Analytic Laboratory,<br>The School of Applied Science, The University of Mississippi  |

### GRANTS

- 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 (Pre-Application, Under Review).
  - Zachary Bell, Robert Spitz, Vickie Wong, Ryo Kataoka, **Jun Seob Song**, and Yujiro Yamada intellectually contributed to this grant.
- 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 (Under Review).
  - Zachary Bell, Robert Spitz, Vickie Wong, Ryo Kataoka, **Jun Seob Song**, and Yujiro Yamada intellectually contributed to this grant.

3. 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).
  - Zachary W. Bell, Robert W. Spitz, Vickie Wong, Yujiro Yamada, and **Jun Seob Song** intellectually contributed to this grant.
4. 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).
  - Robert W. Spitz, Zachary W. Bell, Vickie Wong, Yujiro Yamada, and **Jun Seob Song** intellectually contributed to this grant.
5. Loenneke JP. Principal Investigator (2020). “The effect of blood flow restriction on preventing orthostatic intolerance.” Mississippi Space Grant Consortium \$12,000 (**Awarded**).
  - Vickie Wong, Zachary W. Bell, Robert W. Spitz, Yujiro Yamada, and **Jun Seob Song** intellectually contributed to this grant.
6. **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).
7. **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, University of Mississippi \$3,000 (**Awarded**).

## PEER REVIEWED PUBLICATIONS

1. **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.
2. **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.
3. 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.
4. 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.
5. 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.

6. 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.
7. 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.
8. **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.
9. 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.
10. 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.
11. 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.
12. 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.
13. **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.
14. 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.
15. 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.
16. 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.
17. **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.
18. 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.
19. 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.

## SCIENTIFIC ABSTRACTS / PRESENTATIONS

1. **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.
2. 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.
3. 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.
4. 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.
5. 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.
6. **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, 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 Trainology V, University of Mississippi.
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 KUSAPS Annual Meeting.
9. **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.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.
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. 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.
17. 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.

## TEACHING EXPERIENCE

2022-2023	EL 151 Weight Lifting ES 349 Physiology of Exercise Laboratory PH 312 Behavioral Aspects of Weight Management (Web) The University of Mississippi
2021-2022	ES 349 Physiology of Exercise Laboratory ES 457 Exercise Testing & Prescription Laboratory HP 203 First Aid and CPR (Web) The University of Mississippi
2020-2021	EL 151 Weight Lifting ES 349 Physiology of Exercise Laboratory ES 396 Allied Health Terminology (Web) HP 191 Personal and Community Health (Web) HP 203 First Aid and CPR The University of Mississippi
2019-2020	EL 151 Weight Lifting EL 153 Sports Conditioning EL 156 Jogging The University of Mississippi
2017-2018	Physical Activity Class (Soccer) Bongrim Middle School, Seoul, South Korea
2017-2018	Physical Activity Class (Soccer, Table Tennis) Sillim Middle School, Seoul, South Korea
2017-2018	Physical Activity Class (Soccer) Samsung Middle School, Seoul, South Korea

## WORKING EXPERIENCE

2019	Physical (fitness) coach U-20 Korea Men's National Soccer Team Korea Football Association, South Korea
2019	Physical (fitness) coach U-15 Korea Men's National Soccer Team Korea Football Association, South Korea

2019	Physical (fitness) coach Men's Soccer Team Halla University, South Korea
2018	Physical (fitness) coach U-17 Korea Women's National Soccer Team Korea Football Association, South Korea (Participated in 2018 FIFA U-17 Women's World Cup)
2018	Physical (fitness) coach Men's Soccer Team Sungkyunkwan University, South Korea
2015-2017	Sergeant Headquarter Battalion, 9 <sup>th</sup> Infantry Division Republic of Korea Army, South Korea
2014-2015	Physical (fitness) coach Korea Women's National Soccer Team Korea Football Association, South Korea (Participated in 2015 FIFA Women's World Cup, 2014 Asian Games)
2014-2015	Physical (fitness) coach U-20 Korea Women's National Soccer Team Korea Football Association, South Korea (Participated in 2014 FIFA U-20 Women's World Cup)
2010	Translator Korea Men's National Soccer Team Korea Football Association, South Korea (Participated in 2010 FIFA World Cup)

## **ATHELETIC EXPERIENCE**

2008-2011	Men's Soccer Team Seoul National University, Seoul, South Korea
2005-2007	1 <sup>st</sup> XI Men's Soccer Team (Captain) John Paul College, Brisbane, Australia (Winning National & Regional Competitions)
2002-2004	U-15 Men's Soccer Team (Captain) John Paul College, Brisbane, Australia (Winning National and Regional Competitions)

## **AWARDS**

2021	5 <sup>th</sup> Place
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	Trainology VI, The University of Mississippi
2022	3 <sup>rd</sup> Place Neuroscience Showcase, The University of Mississippi.
2021	3 <sup>rd</sup> Place Trainology V, The University of Mississippi
2021	Research Award Korea-United States Applied Physiology Society
2010	Achievement Award Department of Physical Education, Seoul National University, Seoul, South Korea

## **CERTIFICATION**

2021	First Aid/CPR/AED Instructor American Red Cross
2013	Futsal Coaching License (Level 1) Korea Football Association, South Korea
2013	Certificate of Completion, Soccer Periodization Expert Meeting 1 & 2 World Football Academy, Netherlands
2012	Teacher Certificate (Grade II, Physical Education) Ministry of Education, Science, and Technology, South Korea
2012	Bodybuilding & Weight Training License Korea Bodybuilding and Fitness Federation, South Korea
2021	Soccer Coaching License (Level B) Asian Football Confederation, Malaysia
2008	Soccer Referee License (Level 3) Korea Football Association, South Korea

## **EXTERNAL PEER REVIEWER**

2022	Journal of Pain Research
2022	Sport Sciences for Health
2021	PeerJ

## **SKILLS / PROFICIENCIES**

Statistical Software (SPSS, JASP, Stata)  
Blood Flow Restriction  
Neuromuscular Electrical Stimulation

Electromyography (EMG)  
Ultrasound  
GPS Sports Performance Tracking System  
First Aid/CPR/AED

## **MENTORSHIP**

2020-Present	Dr. Jeremy P. Loenneke, PhD University of Mississippi
2019-2020	Dr. Xin Ye, PhD University of Hartford
2012-2013	Dr. Barry Drust, PhD University of Birmingham, UK

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