

CURRICULUM VITAE

Yujiro Yamada

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EDUCATION

University of Mississippi 2022-Present
Ph.D. in Health and Kinesiology

University of Mississippi 2022
Master of Science in Exercise Science

Thesis: The cognitive inhibitory response to acute exercise with and without blood flow restriction and full body cooling.

Committee Members: Dr. Loenneke, Dr. Loprinzi, and Dr. Del Arco

Ohio Dominican University 2019
Bachelor of Science in Exercise Science

Senior Research Thesis: Effects of practical Blood Flow Restriction on Knee Joint Proprioception and Muscle Coactivation during Low Intensity Aerobic Exercise
Mentor: Dr. Thistlethwaite

RESEARCH POSITIONS HELD

Keywords/Research Interests: Blood Flow Restriction (BFR) Exercise, Skeletal Muscle Physiology, Exercise-Cognition Interaction, Joint Proprioception and Muscle Coactivation

Graduate Research Assistant, University of Mississippi 2019-present
Department of Health, Exercise Science, and Recreation Management
Advisor/Mentor: Dr. Loenneke
→ Recruit participants
→ Conduct experiments (e.g. instruct resistance/aerobic exercises, operate blood flow restriction exercise, measure arterial occlusion pressure, utilize ultrasound for muscle thickness measurements, and maneuver Biodex dynamometer, and etc.)
→ Write/review manuscripts

Advisor/Mentor: Dr. Cayot and Dr. Thistlethwaite

→ Create a study design and the research proposal

→ Recruit subjects and conduct experiments (ex. practical blood flow restriction exercise, measurement of joint proprioception and muscle coactivation, and etc.)

→ Perform data analysis and write a manuscript

PUBLICATIONS

PEER-REVIEWED JOURNAL ARTICLES

1. Song, J., **Yamada, Y.**, Kataoka, R., Wong, V., Spitz, RW., Bell, ZW., Loenneke, JP. (Accepted). Training-induced hypoalgesia and its potential underlying mechanisms. *Neuroscience and Biobehavioral Reviews*.
2. Song, J., **Yamada, Y.**, Kataoka, R., Wong, V., Spitz, RW., Bell, ZW., Loenneke, JP. (Accepted). The hypoalgesic effect of low-load exercise to failure is not augmented by blood flow restriction. *Research Quarterly for Exercise and Sport*.
3. Kataoka, R., Song, J., Bell, ZW., Wong, V., Spitz RW., **Yamada, Y.**, Loenneke, JP. (Accepted). Effect of increased pressure pain threshold on resistance exercise performance with blood flow restriction. *Journal of Strength and Conditioning Research*.
4. Wong, V., Bell, ZW., Spitz, RW., Song, J., Song, J., **Yamada, Y.**, Abe, T., & Loenneke, JP. (2022). Blood flow restriction maintains blood pressure upon head-up tilt. *Physiology International*. Advance online publication. <https://doi.org/10.1556/2060.2022.00051>
5. **Yamada, Y.**, Spitz, RW., Wong, V., Bell, ZW., Song, J., Abe, T., & Loenneke, JP. (2022). The Impact of Isometric Handgrip Exercise and Training on Health-Related Factors: A Systematic Review. *Clinical Physiology and Functional Imaging*. 42(2): 57-87. <http://dx.doi.org/10.1111/cpf.12741>
6. Wong, V., Song, J., Abe, T., Spitz, RW., **Yamada, Y.**, Bell, ZW., Kataoka, R., Kang, M., & Loenneke, JP. (2022). Muscle Thickness Assessment via Ultrasonography: Is experience level important? *Biomedical Physics & Engineering Express*. 8: 027003. <https://doi.org/10.1088/2057-1976/ac4d42>
7. 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. 2021. *Journal of Sports Science*. <https://doi.org/10.1080/02640414.2021.2003569>
8. Bell, ZW., Spitz, RW., Wong, V., **Yamada, Y.**, Song, J., Abe, T., & Loenneke, JP. (2021). Can Individuals Be Taught to Sense the Degree of Vascular Occlusion? A Comparison of

Methods and Implications for Practical Blood Flow Restriction. *Journal of Strength and Conditioning Research*. <http://dx.doi.org/10.1519/JSC.00000000000004151>.

9. **Yamada, Y.**, Kasprizak, R., Shotten, S., Brown, AM., Mathew, A., Loenneke, JP., & Thistlethwaite, J. (2021). Brisk walking with practical blood flow restriction did not induce impairment of knee proprioception and fatigue. *Journal of Trainology*.10(2): 16-19. https://doi.org/10.17338/trainology.10.2_16.
10. **Yamada, Y.**, Song, J., Bell, ZW., Wong, V., Spitz, RW., Abe, T., & Loenneke, JP. (2021). Effects of Isometric Handgrip Exercise with or without Blood Flow Restriction on Interference Control and Feelings. *Clinical Physiology and Functional Imaging*. <https://doi-org.umiss.idm.oclc.org/10.1111/cpf.12723>.
11. Wong, V., Song, J., Bell, ZW., **Yamada, Y.**, Spitz, RW., Abe, T., and Loenneke, JP. (2021). Blood flow restriction training on resting blood pressure and heart rate: a meta-analysis of the available literature. *Journal of Human Hypertension*. <https://doi.org/10.1038/s41371-021-00561-0>.
12. Abe, T., Song, J., Bell, ZW., Wong, V., Spitz, RW., **Yamada, Y.**, and Loenneke, JP. (2021). Comparisons of calorie restriction and structured exercise on reductions in visceral and abdominal subcutaneous adipose tissue: a systematic review. *European Journal of Clinical Nutrition*. <https://doi.org/10.1038/s41430-021-00942-1>
13. Song, J., Spitz, RW., **Yamada, Y.**, Bell, ZW., Wong, V., Abe, T., and Loenneke, JP. (2021). Exercise-induced hypoalgesia and pain reduction following blood flow restriction: a brief review. *Physical Therapy in Sport*. <https://doi.org/10.1016/j.ptsp.2021.04.005>
14. **Yamada, Y.**, Frith, EM., Wong, Vickie., Spitz, RW., Bell, ZW., Chatakondi, RN., Abe, T., and Loenneke, JP. (2021). Acute Exercise and Cognition: A Review with Testable Questions for Future Research into Cognitive Enhancement with Blood Flow Restriction. *Medical Hypotheses*. <https://doi.org/10.1016/j.mehy.2021.110586>
15. Abe, T., Wong, V., Spitz, R. W., Bell, Z. W., Viana, R. B., **Yamada, Y.**, Chatakondi, R. N., and Loenneke, J. P. (2020). Can Lip Strength Be Used as a Surrogate Measure of Handgrip Strength? A Pilot Test. *Journal of the American Medical Directors Association*, S1525-8610(20)30973-7. Advance online publication. <https://doi.org/10.1016/j.jamda.2020.11.009>.
16. Song, J., Abe, T., Bell, ZW., Wong, V., Spitz, RW., **Yamada, Y.**, and Loenneke, JP. (2020). The relationship between muscle size and strength does not depend on echo intensity. *Journal of Clinical Densitometry*. <https://doi.org/10.1016/j.jocd.2020.09.002>
17. Wong, V., **Yamada, Y.**, Bell, ZW., Spitz, RW., Viana, RB., Chatakondi, RN., Abe, T., and Loenneke, JP. (2020). Post Activation Performance Enhancement: Does conditioning one arm augment performance in the other? *Clinical Physiology and Functional Imaging*. <https://doi-org.umiss.idm.oclc.org/10.1111/cpf.12659>

18. Spitz, RW., Bell, ZW., Wong, V., **Yamada, Y.**, Song, J., Buckner, SL., Abe, Takashi., and Loenneke, JP. (2020). Strength testing or strength training: Considerations for future research. *Physiological Measurement*. <https://doi.org/10.1088/1361-6579/abb1fa>
19. Spitz, RW., Chatakondi, RN., Bell, ZW., Wong, V., Viana, RB., Dankel, SJ., Abe, T., **Yamada, Y.**, and Loenneke, JP. (2020). Blood Flow Restriction Exercise: Effects of Sex, Cuff Width, and Cuff Pressure on Perceived Lower Body Discomfort. *Perceptual and Motor Skills*. <https://doi.org/10.1177/0031512520948295>
20. Bell, ZW., Spitz, RW., Wong, V., **Yamada, Y.**, Chatakondi, RN., Abe, T., Dankel, SJ., and Jeremy, JP. (2020). Conditioning participants to a relative pressure: implications for practical blood flow restriction. *Physiological Measurement*. <https://doi.org/10.1088/1361-6579/aba810>
21. Abe, T., Bell ZW., Wong, V., Spitz, RW., **Yamada, Y.**, Song, J., and Loenneke, JP. (2020). Skeletal muscle size distribution in large-sized male and female athletes. *Am J Hum Biol*; e23473. <https://doi.org/10.1002/ajhb.23473>
22. Bell, ZW., Abe, T., Wong, V., Spitz, RW., Viana, RB., Chatakondi, RN., Dankel, SJ., **Yamada, Y.**, and Loenneke, JP. (2020) Muscle swelling following blood-restricted exercise does not differ between cuff widths in the proximal or distal portions of the upper leg. *Clin Physiol Funct Imaging*. 40(4):269-276. <https://doi.org/10.1111/cpf.12635>
23. Abe, T., Wong, V., Spitz, RW., Viana, RB., Bell, ZW., **Yamada, Y.**, Chatakondi, RN., and Loenneke, JP. (2020). Influence of sex and resistance training status on orofacial muscle strength and morphology in healthy adults between the ages of 18 and 40: A cross-sectional study. *Am J Hum Biol*.32(6). e23401. <https://doi.org/10.1002/ajhb.23401>
24. Abe, T., Bell, ZW., Wong, V., Spitz, RW., Viana, RB., **Yamada, Y.**, Chatakondi, RN., and Loenneke, JP. (2020). A Practical Method for Assessing Lip Compression Strengthening in Healthy Adults. *Cosmetics*. 7(1):5. <https://doi.org/10.3390/cosmetics7010005>
25. Wong, V., Abe, T., Spitz, RW., Bell, ZW., **Yamada, Y.**, Chatakondi, RN., and Loenneke, JP. (2020). Effects of Age, Sex, Disease, and Exercise Training on Lip Muscle Strength. *Cosmetics*.7(1):18. <https://doi.org/10.3390/cosmetics7010018>
26. Abe, T., Spitz, RW., Wong, V., Viana, RB., **Yamada, Y.**, Bell, ZW., Chatakondi, RN., and Loenneke, JP. (2019). Assessments of Facial Muscle Thickness by Ultrasound in Younger Adults: Absolute and Relative Reliability. *Cosmetics*. 6(4):1-6. <https://doi.org/10.3390/cosmetics6040065>

PEER-REVIEWED MANUSCRIPTS (UNDER REVIEW)

1. **Yamada, Y.**, Kataoka, R., Bell, ZW., Wong, V., Spitz, RW., Song, J., Abe, T., & Loenneke JP. Improved interference control after exercise with blood flow restriction and cooling is not mediated by increased lactate.

2. Spitz, RW., Ryo, K., Dankel, SJ., Bell, ZW., Song, J., Wong, V., **Yamada, Y.**, & Loenneke, JP. (Under review). Quantifying the Generality of Strength Adaptation: A Meta-Analysis.
3. Wong, V., Song, J., **Yamada, Y.**, Kataoka, R., Hammert, WB., Spitz, RW., & Loenneke JP. (Under review). Comparison of the Cross Over Effect of Strength in Regards to Limb Dominancy: How big is the effect?
4. Kataoka, R., Spitz, RW., Wong, V., Bell, ZW., **Yamada, Y.**, Song, J., Hammert, WB., Dankel, SJ., Abe, T, & Loenneke, JP. (Under review). Sex segregaton in strength sports: Do equal-sized muscles express the same levels of strength between sexes?
5. Spitz, RW., Song, J., **Yamada, Y.**, Wong, V., Bell, ZW., Kataoka, R., & Loenneke JP. (Under review). Cuff width does not affect discomfort ratings immediately following isometric handgrip exercise.

PEER-REVIEWED MANUSCRIPTS (IN PREPARATION/PROGRESS)

1. Cayot, TE., Barnette, JD., Scott, B., **Yamada, Y.**, Sunday, R., Baldwin, N., & Thistlethwaite, JR. (in progress). Effects of Practical Blood Flow Restriction Resistance Exercise on Sagittal Joint Kinematics and Proprioception.

GRANTS AND CONTRACTS

Loenneke JP. Principal Investigator (2022). “An efficient and effective way to mitigate the rise in anxiety.” John W. Brick Mental Health Foundation . \$438,328 (Pre-Application, Under Review).

- Co-Investigator (Dr. Matthew B. Jessee)
- Consultant (Dr. Paul Loprinzi)
- Zachary Bell, Robert Spitz, Vickie Wong, Ryo Kataoka, Jun Seob Song, and **Yujiro Yamada** intellectually contributed to this grant.

Loenneke JP. Principal Investigator (2022). “A Novel Strategy for Improving Anxiety and Blood Pressure Simultaneously.” National Institutes of Mental Health. \$275,000 (Not Awarded).

- Co-Investigator (Dr. Matthew B. Jessee)
- Consultant (Dr. Paul Loprinzi)
- 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); Dankel SJ (Co-Investigator); Owens J (Consultant); and JG Mouser (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 Awarded).

- Zachary W. Bell, Robert W. Spitz, Vickie Wong, **Yujiro Yamada**, and Jun Seob Song intellectually contributed to this grant.

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 Awarded).

- Robert W. Spitz, Zachary W. Bell, Vickie Wong, **Yujiro Yamada**, and Jun Seob Song intellectually contributed to this grant.

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.

Loenneke JP. Principal Investigator (2019). “The cognitive effects of acute exercise with and without blood flow restriction and full body cooling (VASPERTM exercise).” VASPER \$30,953 (**Awarded**)

- Zachary W. Bell, Vickie Wong, Robert W. Spitz, and **Yujiro Yamada** intellectually contributed to this grant.

Loenneke JP. Principal Investigator (2020). “The role of lactate in the cognitive inhibitory response to acute exercise.” American College of Sports Medicine \$5400 (Not Awarded).

- Zachary W. Bell, Vickie Wong, Robert W. Spitz, and **Yujiro Yamada** intellectually contributed to this grant.

POSTER PRESENTATIONS

1. **Yamada, Y.**, Kataoka, R., Bell, ZW., Wong, V., Spitz, RW., Song, J., Abe, T., & Loenneke JP. Does Acute Exercise with Blood Flow Restriction and Cooling Affect Interference Control? In: Proceedings of the Annual American College of Sports Medicine. San Diego, California. 2022.
2. **Yamada, Y.**, Song, J., Bell, ZW., Wong, V., Spitz, RW., Abe, T., Loenneke, JP. Impact of Isometric Handgrip Exercise with Blood Flow Restriction on Interference Control and Affect. Poster Presentation In: Proceedings of the Annual American College of Sports Medicine. Virtual Experience. 2021.
3. Bell, ZW., Spitz, RW., Wong, V., **Yamada, Y.**, Song, J., Abe, T., Loenneke, JP. Comparing Condition Methods: Implications For Practical Blood Flow Restriction Exercise. Poster Presentation In: Proceedings of the Annual American College of Sports Medicine. Virtual Experience. 2021.
4. Spitz, RW., Song, J., Wong, V., Bell, ZW., **Yamada, Y.**, Abe, T., Loenneke, JP. The Effect of Blood Flow Restricted Isometric Forearm Exercise On Discomfort And Force Production.

Poster Presentation In: Proceedings of the Annual American College of Sports Medicine. Virtual Experience. 2021.

5. Song, J., Bell, ZW., Wong, V., Spitz, RW., **Yamada, Y.**, Abe, T., Loenneke, JP. Effect of Blood Flow Restricted Handgrip Exercise On Exercise-induced Hypoalgesia At Local And Non-Local Muscles. Poster Presentation In: Proceedings of the Annual American College of Sports Medicine. Virtual Experience. 2021.
6. Wong, V., Jessee, MB., Bell, ZW., **Yamada, Y.**, Song, J., Spitz, RW., Buckner, S., Mouser, G., Abe, T., Loenneke, JP. The Influence Of Limb Blood Flow On Muscle Growth With Different Resistance Training Protocols. Poster Presentation In: Proceedings of the Annual American College of Sports Medicine. Virtual Experience. 2021.
7. **Yamada, Y.**, Kasprizak, R., Shotten, S., Brown, AM., Mathew, A., Cayot, TE., Thistlethwaite, J. Acute Effects of Practical Blood Flow Restriction on Knee Proprioception During Low-Intensity Aerobic Exercise. Poster Presentation In: Proceedings of the Annual American College of Sports Medicine. Virtual Experience. 2020.
8. Wong, V., **Yamada, Y.**, Bell, ZW., Spitz, RW., Viana, R., Chatakondi, R., Abe, T., Loenneke, JP. Is There A Cross Over Effect In Post Activation Potentiation? Poster Presentation In: Proceedings of the Annual American College of Sports Medicine. Virtual Experience. 2020.
9. Spitz, RW., Chatakondi, R., Bell, ZW., Wong, V., Viana, R., Dankel, S., Abe, T., **Yamada, Y.**, Loenneke, JP. The Influence Of Sex And Cuff Width On Discomfort To Blood Flow Restriction In The Lower Body. Poster Presentation In: Proceedings of the Annual American College of Sports Medicine. Virtual Experience. 2020.
10. Bell, ZW., Abe, T., Wong, V., Spitz, RW., Viana, R., Chatakondi, R., Dankel, S., **Yamada, Y.**, Loenneke, JP. Muscle Swelling Following Low Load Blood Flow Restriction Exercise Does Not Differ Between Cuff Widths In The Lower Body. Poster Presentation In: Proceedings of the Annual American College of Sports Medicine. Virtual Experience. 2020.
11. Sunday R, **Yamada Y**, Barnette J, Thistlethwaite J, Cayot TE. Effects of fatiguing practical blood flow restriction exercise on muscle coactivation. Poster Presentation In: Proceedings of the 41st Annual National Strength and Conditioning Association National Conference. Indianapolis, Indiana, 2018.
12. Barnette J, Sunday R, **Yamada Y**, Thistlethwaite J, Cayot TE. Effects of practical blood flow restriction exercise on joint proprioception and muscle fatigue. Poster Presentation In: Proceedings of the 40th Annual National Strength and Conditioning Association National Conference. Las Vegas, Nevada, 2017.
13. Sunday R, **Yamada Y**, Barnette J, Thistlethwaite J, Cayot TE. Effects of fatiguing practical blood flow restriction exercise on muscle coactivation. Poster Presentation In: Proceedings of

the Annual Midwest American College of Sports Medicine Conference. Grand Rapids, Michigan, 2017.

CONFERENCE PRESENTATION

Trainology 6th Conference 2022: gave 20 minutes talk to exercise scientists

Presentation Title: Acute effect of exercise with blood flow restriction and cooling on interference control.

GSC (Graduate Student Council) Research and Creative Achievement Symposium

Podium Presentation 2022: gave a 7-minute presentation for a panel of judges from one's own or a relevantly similar discipline.

Title: Does Acute Exercise with Blood Flow Restriction and Cooling Affect Interference Control?

Trainology 5th Conference 2021: gave 15 minutes talk to exercise scientists

Presentation Title: Effects of Isometric Handgrip Exercise with and without Blood Flow Restriction on Interference Control and Feelings

GSC (Graduate Student Council) Research and Creative Achievement Symposium

Podium Presentation 2021: gave a 15-20-minute presentation for a panel of judges from one's own or a relevantly similar discipline.

Title: Effects of Isometric Handgrip Exercise with and without Blood Flow Restriction on Interference Control and Feelings

Trainology 4th Conference 2020: gave 20 minutes talk to exercise scientists

Presentation Title: Does Acute Exercise with Blood Flow Restriction and Cooling Affect Interference Control?

GUEST SPEAKER

ES 614 Cardiovascular Physiology: gave the overview of our lab related to blood flow restriction to the classmates and the professor.

NTD 239 Sports Nutrition - Service Learning: gave sport nutrition advice and strategy to the Lafayette High School Men's Soccer Team

Damien Moore Memorial Lecture: gave 3-minute presentation for a panel of three judges.

Presentation Title: Does Lactate Mediate the Exercise-induced Changes in Interference Control?

First place in master's graduate student category

TEACHING EXPERIENCE

Keywords: Exercise Physiology, Exercise Testing & Prescription, Kinesiology, First Aid/CPR/AED, Athletic Injury Prevention/Care, Motor Learning

Graduate Teaching Assistant, University of Mississippi

Department of Health, Exercise Science, and Recreation Management 2019–present

EL 156 Jogging (class size: 6-17 students)

→a warm-up and cool-down when jogging and a proper jogging/running pace;
familiarize with goal setting, nutrition, hydration, and injury prevention when
jogging

EL 147 Tennis (class size: 20-24 students)

→design to teach the rules and fundamentals of the game.

ES 347 Kinesiology Laboratory (class size: ~20 students)

→movement basics and analysis, measure of range of motion by using
goniometry, postural analysis, gait analysis, functional movement screening.

ES 349 Physiology of Exercise Laboratory (class size: ~30 students)

→assess components of fitness and exercise physiology. Students demonstrate the
ability to use and understand the reasons for using such equipment and what they
are measuring physiologically.

HP 203 First Aid And CPR- WEB (class size: ~20 students)

→provide the citizen responder with the knowledge and skills necessary in an
emergency to help sustain life and minimize the consequences of injury or sudden
illness until advanced medical help arrives.

ES 457 Exercise Testing & Prescription Laboratory (class size ~25 students)

→students will learn the methods of exercise testing and prescription following
the newest edition of American College of Sports Medicine guideline.

SERVICE

C19 Ambassadors (Spring 2020)

· serve as visible representatives of the University to assist in the implementation of a successful
Public Health Education and Awareness Campaign.

AWARD

J. Robert Blackburn Graduate Award in Exercise Science 2022

- This award was given to a graduate student who made the unprecedented record in research
and teaching

PROFESSIONAL AFFILIATIONS/MEMBERSHIPS

American College of Sports Medicine (ACSM)

National Member (10/17 – Present)

National Strength and Conditioning Association (NSCA)

National Member (10/16- 10/19)

American Heart Association

Heartsaver CPR AED (05/17 – 05/19)

American Red Cross
Adult, Child, and Baby First Aid/CPR/AED (07/20–07/22)
First Aid/CPR/AED Certified Instructor (08/20–Present)

SPECIAL SKILLS/PROFICIENCIES

Microsoft Office (Word/PowerPoint/Excel)
Google Docs/Slide/Sheet
PeriPedal Software & Near-infrared spectroscopy (NIRS)
ADINSTRUMENTS & Surface-Electrography (sEMG)
Kinovea (Two-dimensional video analysis software)
Tendo Unit (Linear position transducer & software)
Goniometer
Monarch Software & Bike
Hydrostatic Weighing
Anthropometric Measurements [skinfold, circumference measurements, bioelectrical impedance analysis (BIA)]
Blood Lactate Test
Statistical Analysis (SPSS, JASP, and RStudio)
Hokanson Device (Cuffs, Hand-held Doppler probe, Rapid Cuff Inflator)
B-mode Ultrasound
Isokinetic Dynamometer
Handgrip Dynamometer
PsyToolkit

REFERENCES

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