

MATTHEW CHATLAONG

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EDUCATION

- Est. 2024 **Doctor of Philosophy.** Health and Kinesiology – Exercise Science. University of Mississippi.
Dissertation: “Vascular Adaptations to Single Sprint Training”. In progress.
- 2023 **Graduate Minor in Applied Statistics.** University of Mississippi.
- 2020 **Master of Science.** Kinesiology – Exercise Science. California State University, Sacramento.
Thesis: “Acute Strength Loss Following Strength Training and Cycling Interval Training at Low and Preferred Cadences”.
- 2017 **Bachelor of Science.** Kinesiology – Exercise Science. California State University, Sacramento.

PUBLICATIONS

Chatlaong, M. A., Mouser, J. G., Bentley, J. P., Buckner, S. L., Mattocks, K. T., Dankel, S. J., Loenneke, J. P., & Jessee, M. B. (2022). Mechanisms mediating increased endurance following high- and low-load training with and without blood flow restriction. *Journal of Trainology*, 11(1), 7-11.

Stanford, D. M., Mouser, J. G., **Chatlaong, M. A.**, & Jessee, M. B. (2022). A narrative review of the effects of blood flow restriction on vascular structure and function. *Physiol Int*.

Stanford, D. M., **Chatlaong, M. A.**, Miller, W. M., Mouser, J. G., Dankel, S. J., & Jessee, M. B. (2022). A comparison of variability between absolute and relative blood flow restriction pressures. *Clin Physiol Funct Imaging*.

Chatlaong, M. A., Theodorides, H., Parker, D.L. (2022) Acute strength loss following strength training and cycling interval training at low and preferred cadences. Manuscript in preparation.

Chatlaong, M. A., Stanford, D.S., Miller, W. M., Davidson, C. J., & Jessee, M. B. (2023). Caffeine abstinence in habituated users: effects on brachial blood flow and reactive hyperemia. Submitted to *Journal of Applied Physiology*.

Chatlaong, M. A., Stanford, D.S., Miller, W. M., Davidson, C. J., & Jessee, M. B. (2022). Caffeine abstinence in habituated users: cardiovascular responses to exercise with blood flow restriction. Manuscript in preparation.

Chatlaong, M. A., Stanford, D. S., Miller, W. M., & Jessee, M. B. (2023). Whole body vibration and blood flow restriction for muscle recovery following exercise-induced muscle damage. Revised and resubmitted. *Research Quarterly for Exercise and Sport*.

McCall MP, Davis RE, **Chatlaong MA**, Stanford DM, Miller WM, Franks RC, & Jessee MB. Implementation evaluation of blood flow restriction in the rehabilitative setting. In preparation for Physical Therapy and Rehabilitation Journal.

GRANTS

Co-Investigator. Vascular Adaptations to Single-Sprint Training. Mississippi Center for Clinical and Translational Research. \$39,513. **Awarded – funding awaiting final approval.**

- Conceptualized study and design.
- Developed research strategy and proposal.

CONFERENCES

Presentations

Chatlaong, MA, Stanford, DM, Miller, WM, & Jessee, MB. Caffeine Abstinence in Habituated Users: Cardiovascular Responses to Exercise with Blood Flow Restriction. Trainology VI. Oxford, MS. July 15, 2022.

Jessee, MB, Benton, JB, Stanford, DM, **Chatlaong, MA**, Miller, WM. Comparing the Resting Cardiovascular Response to Commonly Used Blood Flow Restriction Devices. American College of Sports Medicine Annual Meeting. San Diego, CA. May 31-June 4, 2022.

Chatlaong, MA, Stanford, DM, Miller, WM, Jessee, MB. Whole Body Vibration and Blood Flow Restriction for Muscle Recovery Following Exercise-induced Muscle Damage. Student Research Competition. Damien Moore Memorial Lecture. Oxford, MS. April 28, 2022.

Miller, WM, **Chatlaong, MA**, Stanford, DM, Jessee, MB. Effects of Caffeine Abstinence on the Acute Response to Low-Load Blood Flow Restriction Exercise. Student Research Competition. Damien Moore Memorial Lecture. Oxford, MS. April 28, 2022.

Stanford, DM, **Chatlaong, MA**, Miller, WM, & Jessee, MB. Comparing the Exercise Response and Immediate Recovery Between Two Different Blood Flow Restriction Devices. Student Research Competition. Damien Moore Memorial Lecture. Oxford, MS. April 28, 2022.

Davidson, CJ, **Chatlaong, MA**, Stanford, DM, Miller, WM, Jessee, MB. Caffeine Abstinence in Habituated Users: Cardiovascular and Perceptual Responses to Exercise with Blood Flow Restriction. Student Research Competition. Damien Moore Memorial Lecture. Oxford, MS. April 28, 2022.

Benton, JB, Stanford, DM, **Chatlaong, MA**, Miller, WM, Jessee, MB. Comparing the Resting Cardiovascular Response to Commonly Used Blood Flow Restriction Devices. Student Research Competition. Damien Moore Memorial Lecture. Oxford, MS. April 28, 2022.

McCall, MP, Davis, RE, **Chatlaong, MA**, Stanford, DM, Miller, WM, Franks, RC, & Jessee, MB. Implementation Evaluation of Blood Flow Restriction in the Clinical Setting. Trainology V. Oxford, MS. July 9, 2021.

Stanford, DM, **Chatlaong, MA**, Miller, WM, Mouser, JG, Dankel, SJ, & Jessee, MB. A Comparison of Variability Between Absolute and Relative Blood Flow Restriction Pressures. Trainology V. Oxford, MS. July 9, 2021.

Miller, WM, **Chatlaong, MA**, Stanford, DM, & Jessee, MB. Whole Body Vibration and Blood Flow Restriction for Muscle Recovery Following Exercise-induced Muscle Damage. Trainology V. Oxford, MS. July 9, 2021.

Chatlaong MA, Theodorides H, & Parker DL. Acute Strength Loss Following Strength Training and Cycling Interval Training at Low and Preferred Cadences. Graduate Student Research Award Finalist Presentations: Annual Meeting Southwest American College of Sports Medicine. Virtual Meeting, Oct 30, 2020

Posters and Abstracts

Chatlaong, MA, Keys, LM, Stanford, DM, Jessee, MB. Comparing Brachial Artery Shear Rate Responses to 1- and 2- 20 Second Cycling Sprints. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. Feb 23-25, 2023.

Benton, JB, Jessee, MB, Stanford, DM, **Chatlaong, MA**. Determining the Effect of Cuff Deflation on Post-exercise Arterial Occlusion Pressure. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. Feb 23-25, 2023.

Stanford, DM, Cupp, BN, **Chatlaong, MA**, Jessee, MB. Acute Hyperemic Response to Blood Flow Restriction and Ischemic Preconditioning Protocols. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. Feb 23-25, 2023.

Davidson, CJ, **Chatlaong, MA**, Stanford, DM, Jessee, MB. Comparing Post-Occlusive Reactive Hyperemia in Habitual Caffeine Users when Consuming and Abstaining from Caffeine. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. Feb 23-25, 2023.

Cupp, BN, Stanford, DM, **Chatlaong, MA**, Jessee, MB. The Microvascular Hyperemic Response to Occlusive or Partial Blood Flow Restriction. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. Feb 23-25, 2023.

Keys, LM, **Chatlaong, MA**, Stanford, DM, Jessee, MB. Characterizing Power Production and Cardiovascular Responses to 2 x 20 Second Maximal Cycling Sprints. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. Feb 23-25, 2023.

Chatlaong, MA, Stanford, DM, Miller, WM, Jessee, MB. Whole Body Vibration and Blood Flow Restriction for Muscle Recovery Following Exercise-induced Muscle Damage. American College of Sports Medicine Annual Meeting. San Diego, CA. May 31-June 4, 2022.

Stanford, DM, **Chatlaong, MA**, Miller, WM, Jessee, MB. Comparing the Exercise Response and Immediate Recovery Between Two Different Blood Flow Restriction Devices. American College of Sports Medicine Annual Meeting. San Diego, CA. May 31-June 4, 2022.

Miller, WM, **Chatlaong, MA**, Stanford, DM, Jessee, MB. Effects of Caffeine Abstinence on the Acute Response to Low-Load Blood Flow Restriction Exercise. American College of Sports Medicine Annual Meeting. San Diego, CA. May 31-June 4, 2022.

Davidson, CJ, **Chatlaong, MA**, Stanford, DM, Miller, WM, Jessee, MB. Caffeine Abstinence in Habituated Users: Cardiovascular and Perceptual Responses to Exercise with Blood Flow Restriction. American College of Sports Medicine Annual Meeting. San Diego, CA. May 31-June 4, 2022.

Benton, JB, Stanford, DM, **Chatlaong, MA**, Miller, WM, Jessee, MB. Comparing the Resting Cardiovascular Response to Commonly Used Blood Flow Restriction Devices. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. February 17-19, 2022.

Davidson, CJ, **Chatlaong, MA**, Stanford, DM, Miller, WM, Jessee, MB. Caffeine Abstinence in Habituated Users: Cardiovascular and Perceptual Responses to Exercise with Blood Flow Restriction. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. February 17-19, 2022.

Chatlaong, MA, Stanford, DM, Miller, WM, Jessee, MB. Whole Body Vibration and Blood Flow Restriction for Muscle Recovery Following Exercise-induced Muscle Damage. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. February 17-19, 2022.

Stanford, DM, **Chatlaong, MA**, Miller, WM, Jessee, MB. Comparing the Exercise Response and Immediate Recovery Between Two Different Blood Flow Restriction Devices. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. February 17-19, 2022.

Miller, WM, **Chatlaong, MA**, Stanford, DM, Jessee, MB. Effects of Caffeine Abstinence on the Acute Response to Low-Load Blood Flow Restriction Exercise. Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. February 17-19, 2022.

Chatlaong MA, Mouser JG, Buckner SL, Mattocks KT, Dankel SJ, Loenneke JP, Jessee MB. Mechanisms Mediating Increased Endurance Following High- and Low- Load Training With and Without Blood Flow Restriction. Annual Meeting Southeast American College of Sports Medicine. Virtual Meeting, Feb 18-19, 2021.

Jessee MB, Stanford DM, **Chatlaong MA**, Miller WM. Blood Flow Restriction Stimulus Differs Between Absolute and Relative Pressures. Annual Meeting Southeast American College of Sports Medicine. Virtual Meeting, Feb 18-19, 2021.

Stanford DM, **Chatlaong MA**, Miller WM, Jessee MB. Applying Relative and Absolute Blood Flow Restriction Alters Blood Flow Velocity but Not Blood Profiles. Annual Meeting Southeast American College of Sports Medicine. Virtual Meeting, Feb 18-19, 2021.

Chatlaong MA, Colvard A, Parker DL. Strength and Cycling Economy: The Importance of Specificity. Annual Meeting Southwest American College of Sports Medicine. Costa Mesa, CA, October 26-27, 2018.

Colvard A, **Chatlaong MA**, Parker DL. Unique Contributions of Strength and Metabolism to Cycling Economy. Annual Meeting Southwest American College of Sports Medicine. Costa Mesa, CA, October 26-27, 2018.

TEACHING EXPERIENCE

University of Mississippi

ES 351	Measurement and Statistics in Exercise Science Fall 2022, Spring 2023
ES 391	Trends and Topics in Exercise Science: Exploring Sex Differences. May Intersession 2022
HP 203	First Aid and CPR. Fall 2021, Spring 2022, Fall 2022
ES 457	Exercise Testing and Prescription Laboratory Spring 2021, Spring 2022, Spring 2023
ES 349	Physiology of Exercise Laboratory. Spring 2021, Fall 2021
ES 347	Kinesiology Laboratory. Fall 2020, Spring 2021, Fall 2022, Spring 2023
EL 151	Weightlifting. Fall 2020
EL 129	Body Contouring. Fall 2022

California State University, Sacramento

KINS 153	Cardiovascular Testing and Exercise Prescription Laboratory. Spring 2018, Fall 2018, Spring 2019
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KINS 152 Physiology of Exercise Laboratory
Fall 2017, Spring 2020

RESEARCH EXPERIENCE

2020- Present **Student.** Applied Human Health and Physical Function Laboratory.
Faculty Advisor: Matthew B. Jessee. University of Mississippi.

2017-2020 **Student.** Irvin E. Faria Exercise Physiology Research Laboratory. Faculty
Advisor: Daryl L. Parker. California State University Sacramento.

SERVICE

Current student mentoring

2021- 2023 **Undergraduate Research Mentor.** Chance Davidson.

2022- Present **Undergraduate Research Mentor.** Lori Keys.

Disciplinary Service

2022- Present **External peer reviewer.** Journal of Trainology

2022- Present **External peer reviewer.** International Journal of Exercise Science.

2022- Present **External peer reviewer.** PeerJ – The Journal of Life and Environmental
Sciences.

University Service

2021 **Committee Member.** Graduate Professional Development Group –
Teaching Committee.

Community Service and Engagement

2021 **Panelist.** Roundtable on Career Perspectives. Kinesiology 209/211
courses. California State University, Sacramento.

2019-2020 **Volunteer Coach and Ride Leader.** NorCal High School Mountain Bike
League.

2018 **Invited Lecture.** Preparing for Cycling in Hot Environments. Alto Velo
Cycling Club.

- 2018 **Online Blog Post.** “How to Improve Your Sprint Performance on the Bike”. Data Driven Athlete.
- 2017 **Online Blog Post.** “How Does Sleep Affect Your Performance?” Data Driven Athlete.
- 2017 **Head Coach.** UCLA Cycling Team.
- 2016 **Online Blog Post.** “Time Off the Bike: How Much is Too Much?” Data Driven Athlete.
- 2016 **Online Blog Post.** “How Does Mental Fatigue Impact Your Training?” Data Driven Athlete.

PROFESSIONAL EXPERIENCE

2016- Present **Cycling Coach and Owner.** Stronger Cyclist.

PROFESSIONAL AFFILIATIONS

2020-Present **Member.** American Red Cross.

2017- Present **Member.** American College of Sports Medicine

2010- Present **Member.** USA Cycling.