

Curriculum Vitae

Ryo Kataoka, Ph.D. (c)
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Education:

University of Mississippi , Oxford, Mississippi <i>Ph.D. in Health & Kinesiology</i>	2021 – 2015 (Anticipated*)
University of South Florida , Tampa, Florida <i>Master of Science in Exercise Science</i>	2019 – 2021
Arizona State University , Phoenix, Arizona <i>Bachelor of Science in Kinesiology</i>	2017 – 2019
Mesa Community College , Mesa, Arizona <i>Exercise Science</i>	2014 – 2017
Kansai University , Osaka, Japan <i>Bachelor of Science in Human Health Science</i>	2013 – 2014

Professional Experience:

Doctoral Graduate Assistant <i>University of Mississippi, Oxford, Mississippi</i>	2021 – Present
Graduate Teaching Assistant <i>University of South Florida, Tampa, Florida</i>	2019 – 2021
Research Assistant Ole Miss Muscle Laboratory <i>University of Mississippi, Oxford, Mississippi</i>	2021 – Present
USF Muscle Laboratory <i>University of South Florida, Tampa, Florida</i>	2019 – 2021
National Safety Council Certified First Aid/CPR/AED Instructor <i>University of South Florida, Tampa, Florida</i>	2019 – 2021
Personal Trainer <i>National Academy of Sports Medicine (NASM) Certified Personal Trainer</i>	2018 – 2020
Fitness Supervisor <i>ASU Sun Devil Fitness Complex</i>	2017 – 2019

Teaching Experience:

Fall 2019

HSC 2400 First Aid/CPR/AED Course (3 sections)
PET4550 Clinical Exercise Testing and Prescription

Spring 2020

HSC 2400 First Aid/CPR/AED Course (3 sections)
PET3384 Exercise Testing and Prescription

Fall 2020

HSC 2400 First Aid/CPR/AED Course (3 sections)
PET4550 Clinical Exercise Testing and Prescription

Spring 2021

HSC 2400 First Aid/CPR/AED Course (3 sections)
PET6389 Fitness Assessment

Fall 2021

ES 347 Kinesiology Laboratory (2 sections)
EL 151 Weight Lifting (2 sections)

Spring 2022

ES 457 Exercise Testing and Prescription Laboratory
ES 100 Introduction to Exercise Science
EL 151 Weight Lifting (2 sections)
EL 156 Jogging

Fall 2022

ES 347 Kinesiology Laboratory
ES 457 Exercise Testing and Prescription Laboratory
ES 100 Introduction to Exercise Science (2 sections)
EL 156 Jogging

Publication in Peer-Reviewed Journal:

1. **Ryo Kataoka**, Ecaterina Vasenina, Jeremy P. Loenneke, and Samuel L. Buckner. (2021). Periodization: variation in the definition discrepancies in study design. *Sports Medicine*.
2. Wenyuan G. Zhu, Noam Yitzchaki, Tayla E. Kuehne, **Ryo Kataoka**, Kevin T. Mattocks, and Samuel L. Buckner. (2020). Acute cardiovascular and muscular response to NO LOAD exercise with and without the application of blood flow restriction. *International Journal of Exercise Science*.
3. Tayla E. Kuehne, Noam Yitzchaki, **Ryo Kataoka**, Ecaterina Vasenina, Wenyuan G. Zhu, and Samuel L. Buckner. (2020). An Examination of changes in muscle thickness, isometric strength, and body water throughout the menstrual cycle. *Clinical Physiology and Functional Imaging*.

4. Ecaterina Vasenina, **Ryo Kataoka**, and Samuel L. Buckner. (2020). Adaptation energy: experimental evidence and applications in exercise science. *Journal of Trainology*.
5. Samuel L. Buckner, Noam Yitzchaki, **Ryo Kataoka**, Ecaterina Vasenina, Wenyuan G. Zhu, Tayla E. Kuehne, and Jeremy P. Loenneke. (2021). Do exercise-induced increases in muscle size contribute to strength in resistance trained individuals? *Clinical Physiology and Functional Imaging*.
6. **Ryo Kataoka**, Ecaterina Vasenina, William Hammert, Adam Ibrahim, Scott J. Dankel, and Samuel L. Buckner (2021). Is there evidence for the suggestion that fatigue accumulates following resistance exercise? *Sports Medicine*.
7. William Hammert, **Ryo Kataoka**, Ecaterina Vasenina, Adam Ibrahim, and Samuel L. Buckner (2021). Is “periodization programming” periodization or programming? *Journal of Trainology*.
8. Ecaterina Vasenina, **Ryo Kataoka**, William Hammert, Adam Ibrahim, Scott J. Dankel, and Samuel L. Buckner (2022). Examination of changes in echo intensity following resistance exercise. *Clinical Physiology and Functional Imaging*.
9. Ecaterina Vasenina, **Ryo Kataoka**, Jeremy P. Loenneke, and Samuel L. Buckner (2021). Exercise science perspective. Comment on “Dynamic and thermodynamic models of adaptation” by Alexander N. Gorban et al. *Physics of Life Reviews*.
10. **Ryo Kataoka**, Ecaterina Vasenina, William Hammert, Adam Ibrahim, Scott J. Dankel, and Samuel L. Buckner (2022). Muscle growth adaptations to high-load training and low-load training with blood flow restriction in calf muscles. *European Journal of Applied Physiology*.
11. Vickie Wong, Jun Seob Song, Takashi Abe, Robert Spitz, Yujiro Yamada, Zachary W. Bell, **Ryo Kataoka**, Minsoo Kang, and Jeremy P. Loenneke (2022). Muscle thickness assessment of the forearm via ultrasonography: is experience level important? *Biomedical Physics & Engineering Express*.
12. Ecaterina Vasenina, **Ryo Kataoka**, William B. Hammert, Adam H. Ibrahim, and Samuel L. Buckner (2022). The acute muscular response following a novel form of pulsed direct current stimulation (Neubie) or traditional resistance exercise. *Journal of Musculoskeletal and Neuronal Interactions*.
13. **Ryo Kataoka**, Jun Seob Song, Zachary W. Bell, Vickie Wong, Robert W. Spitz, Yujiro Yamada, and Jeremy P. Loenneke (2022). Effect of increased pressure pain threshold on resistance exercise performance with blood flow restriction. *The Journal of Strength & Conditioning Research*.
14. Jun Seob Song, Yujiro Yamada, **Ryo Kataoka**, Vickie Wong, Robert W. Spitz, Zachary W. Bell, and Jeremy P. Loenneke (2022). Training-induced hypoalgesia and its potential underlying mechanism. *Neuroscience and Behavioral Reviews*.
15. Jun Seob Song, **Ryo Kataoka**, Yujiro Yamada, Vickie Wong, Robert W. Spitz, Zachary W. Bell, and Jeremy P. Loenneke (2022). The hypoalgesic effect of low-load resistance exercise to failure is not augmented by blood flow restriction. *Research Quarterly for Exercise and Sport*.

Scientific Abstract:

1. **Ryo Kataoka**, Ecaterina Vasenina, Noam Yitzchaki, Wenyuan G. Zhu, Tayla E. Kuehne, and Samuel L. Buckner. (2019). Does skeletal muscle growth contribute to strength adaptation? Submitted to American College of Sports Medicine 67th Annual Meeting. Accepted as thematic poster presentation.
2. Wenyuan G. Zhu, Noam Yitzchaki, Tayla E. Kuehne, **Ryo Kataoka**, Kevin T. Mattocks, and Samuel L. Buckner. (2019). Acute cardiovascular and muscular response to NO LOAD exercise with and without the application of blood flow restriction. Submitted to American College of Sports Medicine 67th Annual Meeting. Accepted as poster presentation.

3. Ecaterina Vasenina, **Ryo Kataoka**, William Hammert, and Samuel L. Buckner (2020). An examination of changes in echo intensity following resistance exercise using various regions of interest. Submitted to American College of Sports Medicine 68th Annual Meeting. Accepted as ePoster presentation.
4. **Ryo Kataoka**, Jun Seob Song, Zachary W. Bell, Vickie Wong, Robert W. Spitz, Yujiro Yamada, Jeremy P. Loenneke (2021). Effect of increased pressure pain threshold on resistance exercise with blood flow restriction. Submitted to American College of Sports Medicine 69th Annual Meeting. Accepted as poster presentation.
5. Zachary W. Bell, Robert W. Spitz, Vickie Wong, Yujiro Yamada, Jun Seob Song, **Ryo Kataoka**, Takashi Abe, Jeremy P. Loenneke (2021). The effects of high load and low load unilateral biceps training on changes in post-activation performance enhancement. Submitted to American College of Sports Medicine 69th Annual Meeting. Accepted as poster presentation.
6. Yujiro Yamada, **Ryo Kataoka**, Zachary W. Bell, Vickie Wong, Robert W. Spitz, Jun Seob Song, Takashi Abe, and Jeremy P. Loenneke (2021). Does acute exercise with blood flow restriction and cooling affect interference control? Submitted to American College of Sports Medicine 69th Annual Meeting. Accepted as poster presentation.
7. Jun Seob Song, **Ryo Katoka**, Yujiro Yamada, Vickie Wong, Robert W. Spitz, Zachary W. Bell, Jeremy P. Loenneke (2021). Effect of blood flow restricted knee extension on exercise-induced hypoalgesia at upper and lower limb. Submitted to American College of Sports Medicine 69th Annual Meeting. Accepted as poster presentation.

Research Presentation:

1. **Trainology IV** – 7/10/2020. Do exercise-induced increases in muscle size contribute to strength in resistance trained individuals?
2. **Trainology V** – 7/9/2021. Muscle growth adaptations to high-load training and low-load training with blood flow restriction in calf muscles.
3. **Graduate Student Council (GSC) Research and Creative Achievement Symposium Presentation** – 3/9/2022. Effect of increased pressure pain threshold on resistance exercise performance with blood flow restriction.
4. **Damien Moore Memorial Lecture** – 4/28/2022. Effect of increased pressure pain threshold on resistance exercise performance with blood flow restriction.
5. **Trainology VI** – 7/15/2022. Effect of increased pressure pain threshold on resistance exercise performance with blood flow restriction.

Grant Work:

1. Jeremy P. Loenneke. Principal Investigator (2022). “A Novel Strategy for Improving Anxiety and Blood Pressure Simultaneously.” National Institutes of Mental Health. \$275,000 (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.
2. Jeremy P. Loenneke. Principal Investigator (2022). “An efficient 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.

Honors and Awards:

Trainology 2022 – 2nd place, \$300

Graduate Student Council (GSC) Research and Creative Achievement Symposium Presentation (2022) – 3rd place, \$400

Trainology 2020 (Virtual Conference) – 1st place, \$200

Arizona State University

- Summa Cum Laude
- Dean's List (Spring 2018, Fall 2018, Spring 2019)

Kansai University – Honor Student (2014)

Certification:

National Safety Council Certified First Aid/CPR/AED instructor

National Academy of Sports Medicine (NASM) Certified Personal Trainer

Internship:

FAST (Foothills Acceleration & Sports Training)

Paradise Valley, AZ January 2019 – April 2019

Reference:

Jeremy P. Loenneke, Ph.D. – Associate Professor of Exercise Science
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Samuel. L. Buckner, Ph.D., Assistant Professor, Exercise Science
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