

XIN YE, Ph.D., CSCS*D, ACSM-CEP

CURRICULUM VITAE

Assistant Professor (Tenure-Track)

Department of Health, Exercise Science, and Recreation Management

The University of Mississippi

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EDUCATION AND ACADEMIC APPOINTMENTS

University Education

- Ph.D. Exercise Physiology** 05/2012-05/2016
Department of Health and Exercise Science, University of Oklahoma
Advisor: Dr. Travis W. Beck
Dissertation: Effects of fatiguing unilateral limb muscle on the motor control strategies and neuromuscular properties of the contralateral homologous and non-related heterogonous muscles.
- M.Sc. Exercise Physiology** 08/2010-05/2012
Department of Health and Exercise Science, University of Oklahoma
Advisor: Dr. Michael G. Bemben
Thesis: Acute effects of an elastic supportive device on free-weight bench press performance in 18-35-year-old resistance trained males.
- M.Sc. Economics** 08/2007-09/2009
Department of Economics, State University of New York at Buffalo
- B.A. Economics** 09/2003-07/2007
School of International Economics and Business, Nanjing University of Finance and Economics

Academic Appointments

Assistant Professor

Exercise Science, Department of Health, Exercise Science, and Recreation Management

The University of Mississippi, University MS

08/2016-Present

Laboratory Director

Neuromuscular Laboratory (<http://hesrm.olemiss.edu/neuromuscular-laboratory/>)

The University of Mississippi, University MS

08/2016-Present

Doctoral Research Assistant

Biophysics Laboratory, Department of Health and Exercise Science
The University of Oklahoma, Norman OK

05/2012-07/2016

Graduate Research Assistant

Neuromuscular Laboratory, Department of Health and Exercise Science
The University of Oklahoma, Norman OK

08/2010-05/2012

Undergraduate Research Assistant

Horvath Performance Laboratory, Department of Exercise and Nutrition Sciences
SUNY Buffalo

09/2009-12/2009

AWARDS AND HONORS

American Kinesiology Association Doctoral Scholar, 2016

American Kinesiology Association Graduate Writing Scholar Award, 2015, 2016

NSCA Foundation Minority Scholarships, 2013, 2015

NSCA National Conference Doctoral Student Outstanding Poster Presentation, 2013

Who's Who among Students in American Universities and Colleges, 2012

University of Oklahoma Department of Health and Exercise Science Michael Simms Scholarship, 2012

University of Oklahoma College of Arts and Sciences Robert E. and Mary B. Sturgis Scholarship, 2012

RESEARCH: PUBLICATIONS, PRESENTATIONS, AND FUNDING

Peer-Reviewed Research Publications

* Served as a corresponding author; † Projects from mentored graduate or undergraduate students

1. †Jeon, S., Miller, W.M., Kang, M., and **Ye, X.** The minimum number of attempts for a reliable isometric strength test score. Accepted September 6, 2019, *Journal of Science in Sport and Exercise*.
2. †Miller, W.M., Kang, M., Jeon, S., and **Ye, X.** (2019). A meta-analysis of non-local heterologous muscle fatigue. *Journal of Trainology*, 8(1), 9-18.
3. Chen, C.H., Lin, M.J., and ***Ye, X.** (2019). Comparisons of the symptoms of exercise-induced muscle damage after an initial and second bout of sprint exercise. Accepted May 1, 2019, *Isokinetics and Exercise Science*.
4. ***†Ye, X.**, Killen, B.S., Zelizney, K.L., Miller, W.M., and Jeon, S. (2019). Unilateral hamstring foam rolling does not impair strength but the rate of force development of the contralateral muscle. *PeerJ* 7:e7028.
5. †Miller, W.M., **Ye, X.**, and Jeon, S. Effects of maximal versus submaximal isometric fatiguing exercise on subsequent submaximal exercise performance. Accepted April 5, 2019, *Journal of Strength and Conditioning Research*.

6. Carr, J.C., Ye, X., Stock, M.S., Bemben, M.G., and DeFreitas, J.M. (2019). The time course of cross-education during short-term isometric strength training. *European Journal of Applied Physiology*, 119(6): 1395-1407.
7. *Ye, X., Miller, W.M., Jeon, S., and Carr, J.C. (2019). Sex comparisons of the bilateral deficit in proximal and distal upper body limb muscles. *Human Movement Science*, 64(4), 329-337.
8. †Jeon, S., *Ye, X., and Miller, W.M. (2019). Sex comparisons of agonist and antagonist muscle electromyographic parameters during two different submaximal isometric fatiguing tasks. *Physiological Reports*, 7(5), e14022.
9. †Killen, B.S., Zelizney, K.L., and *Ye, X. (2019). Crossover effects of unilateral static stretching and foam rolling on contralateral hamstring flexibility and strength. *Journal of Sport Rehabilitation*, 28(6), 533-539.
10. Chen, C., Chen, Y., Wang, Y., Tseng, W., and *Ye, X. (2018). Effects of preconditioning hamstring resistance exercises on repeated sprinting-induced muscle damage in female soccer players. *Biology of Sport*, 35(3), 269-275.
11. *Ye, X., Beck, T.W., Wages, N.P., and Carr, J.C. (2018). Sex comparisons of non-local muscle fatigue in human elbow flexors and knee extensors. *Journal of Musculoskeletal and Neuronal Interactions*, 18(1), 92-99.
12. Carr, J.C., Beck, T.W., Ye, X., and Wages, N.P. (2018). Mechanomyographic responses for the biceps brachii are associated with failure times during isometric force tasks. *Physiological Reports*, 6(4), e13590.
13. Chen, C.H., Ye, X., Lee, K.W., Lin, M.J., and Lin, J.J. (2018). Acute effects of dynamic warm-up protocols on hamstring muscle flexibility, strength, and knee joint proprioception in subjects with poor hamstrings flexibility. *PLoS ONE*, 13(2), e0191801.
14. Chen, C.H., *Ye, X., Wang, Y.T., Chen, Y.S., and Tseng, W.C. (2018). Differential effects of different warm-up protocols on sport-specific sprints-induced muscle damage. *Journal of Strength and Conditioning Research*, 32(11), 3276-324.
15. Wages, N.P., Beck, T.W., Ye, X., and Carr, J.C. (2017). Unilateral fatiguing exercise and its effect on ipsilateral and contralateral resting mechanomyographic mean frequency between aerobic populations. *Physiological Reports*, 5(4), 2017, e13151.
16. Kim, D., Loenneke, J.P., Ye, X., Bemben, D.A., Beck, T.W., Larson, R.D., and Bemben, M.G. (2017). Low-load resistance training with low relative pressure produces muscular changes similar to high-load resistance training. *Muscle Nerve*, 56(6), E126-E133.
17. Carr, J.C., Beck, T.W., Ye, X., and Wages, N.P. (2016). Intensity-dependent EMG response for the biceps brachii during sustained maximal and submaximal isometric contractions. *European Journal of Applied Physiology*, 116(9), 1747-1755.

18. Beck, T.W., **Ye, X.**, Wages, N.P., and Carr, J.C. (2016). Cross spectral analysis of the force and surface electromyographic signals for examining steadiness following different exercise interventions. *Biomedical Physics and Engineering Express*, 2(4), 045013.
19. Beck, T.W., **Ye, X.**, Wages, N.P., Carr, J.C., and Tharp, H.M. (2016). Frequency-specific coherence in surface electromyographic signals from the vastus lateralis and vastus medialis. *Clinical Kinesiology*, 70(2), 16-21.
20. Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C., and Miller, C.A. (2016). Examination of a neural cross-over effect using resting mechanomyographic mean frequency from the vastus lateralis muscle in different resting positions following aerobic exercise. *European Journal of Applied Physiology*, 116(5), 919-929.
21. ***Ye, X.**, Beck, T.W., and Wages, N.P. (2016). Influence of prolonged passive stretching on motor units firing properties. *Muscle and Nerve*, 53(5), 808-817.
22. Beck, T.W., **Ye, X.**, and Wages, N.P. (2016). Differential effects of unilateral concentric versus eccentric exercise on the dominant and non-dominant forearm flexors. *Journal of Strength and Conditioning Research*, 30(3), 703-709.
23. Wages, N.P., Beck, T.W., **Ye, X.**, and Hofford, C.W. (2016). Examination of the resting mechanomyographic mean frequency responses for the postural tonus muscles following resistance exercise. *Biomedical Physics & Engineering Express*, 2(1), 015002.
24. Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C., and Miller, C.A. (2015). Resting mechanomyographic amplitude from the vastus lateralis muscle in different postural resting positions following aerobic exercise. *Journal of Musculoskeletal Research*, 18(4), 150016.
25. ***Ye, X.**, Beck, T.W., and Wages, N.P. (2015). Prolonged passive static stretching-induced innervation zone shift in biceps brachii. *Applied Physiology, Nutrition, and Metabolism*, 40(5), 482-488.
Selected for 2016 American Kinesiology Association Student Writing Award
26. ***Ye, X.**, Beck, T.W., and Wages, N.P. (2015). Reduced susceptibility to eccentric exercise-induced muscle damage in resistance-trained men is not linked to resistance training-related neural adaptations. *Biology of Sport*, 32(3), 199-205.
27. ***Ye, X.**, Beck, T.W., DeFreitas, J.M., and Wages, N.P. (2015). Acute effects of dynamic exercises on the relationship between motor unit firing rate and recruitment threshold. *Human Movement Science* 40(4), 24-37.
Selected for 2015 American Kinesiology Association Student Writing Award
28. ***Ye, X.**, Beck, T.W., and Wages, N.P. (2015). Relationship between innervation zone width and mean muscle fiber conduction velocity during a sustained isometric contraction. *Journal of Musculoskeletal and Neuronal Interactions*, 15(1), 95-102.

29. ***Ye, X.**, Beck, T.W., and Wages, N.P. (2015). Acute effects of concentric versus eccentric exercise on force steadiness and electromyographic responses of the forearm flexors. *Journal of Strength and Conditioning Research* 29(3), 604-611.
30. Beck, T.W., **Ye, X.**, and Wages, N.P. (2015). Local muscle endurance is associated with fatigue-based changes in electromyographic spectral properties, but not with conduction velocity. *Journal of Electromyography and Kinesiology* 25(3), 451-456.
31. Carr, J.C., Beck, T.W., **Ye, X.**, and Wages, N.P. (2015). An examination of fatigue index and velocity-related force loss for the forearm flexors. *Journal of Strength and Conditioning Research* 29(8), 2304-2309.
32. Chen, Z., Sharma-Ghimire, P., **Ye, X.**, Kim, D., Bembem, M.G., and Bembem, D.A. (2015). Acute effects of whole-body vibration and resistance exercise on cortisol levels in young men. *International Journal of Exercise Science* 8(1), 11-20.
33. ***Ye, X.**, Beck, T.W., and Wages, N.P. (2014). Influence of dynamic exercise on force steadiness and common drive. *Journal of Musculoskeletal and Neuronal Interactions*, 14(3), 377-386.
34. ***Ye, X.**, Beck, T.W., DeFreitas, J.M., and Wages, N.P. (2014). An examination of the strength and electromyographic responses following concentric versus eccentric exercise of the forearm flexors. *Journal of Strength and Conditioning Research*, 28(4), 1072-1080.
35. ***Ye, X.**, Beck, T.W., Stock, M.S., Fahs, C.A., Kim, D., Loenneke, J.P., Thiebaud, R.S., DeFreitas, J.M., Rossow, L.M., Bembem, D.A., and Bembem, M.G. (2014). Acute effects of wearing an elastic, supportive device on bench press performance in young, resistance-trained males. *Gazzetta Medica Italiana Archivio per le Scienze Mediche*, 173(3), 91-101.
36. Thiebaud, R.S., Loenneke, J.P., Nosaka, K., Bembem, M.G., **Ye, X.**, Kim, D., Fahs, C.A. (2014). Muscle damage after low-intensity eccentric contraction with blood flow restriction. *Acta Physiologica Hungarica*, 101(2), 150-157.
37. DeFreitas J.M., Beck, T.W., **Ye, X.**, and Stock, M.S. (2014). Synchronization of low- and high-threshold motor units. *Muscle and Nerve*, 49(4), 575-583.
38. Wages, N.P., Beck, T.W., **Ye, X.**, and Hofford, C.W. (2013). Resting mechanomyographic amplitude for the erector spinae and trapezius muscles following resistance exercise. *Physiological Measurement*, 34(10), 1343-1350.
39. **Ye, X.**, Loenneke, J.P., Fahs, C.A., Rossow, L.M., Thiebaud, R.S., Kim, D., Bembem, M.G., and Abe, T. (2013). Relationship between lifting performance and skeletal muscle mass in elite powerlifters. *Journal of Sports Medicine and Physical Fitness*, 53(4), 409-414.
40. Stock, M.S., Beck, T.W., DeFreitas, J.M., and **Ye, X.** (2013). Sex comparisons for relative peak torque and electromyographic mean frequency during fatigue. *Research Quarterly for Exercise and Sport*, 84(3), 345-352.

41. Stock, M.S., Beck, T.W., DeFreitas, J.M., and **Ye, X.** (2013). Mechanomyographic responses for the biceps brachii are unable to track the declines in peak torque during 25, 50, 75, and 100 fatiguing isokinetic muscle actions. *Journal of Applied Biomechanics*, 29(6), 769-778.
42. Loenneke, J.P., Fahs, C.A., Thiebaud, R.S., Rossow, L.M., Abe, T., **Ye, X.**, Kim, D., and Bemben. M.G. (2013). The acute hemodynamic effects of blood flow restriction in the absence of exercise. *Clinical Physiology and Functional Imaging*, 33(1), 79-82.
43. Beck, T.W., Kasishke II, P.R., Stock, M.S., DeFreitas, J.M., and **Ye, X.** (2012). A comparison of the effects of concentric versus eccentric exercise on muscle activation patterns. *Clinical Kinesiology*, 66(3), 66-73.
44. Loenneke, J.P., Fahs, C.A., Thiebaud, R.S., Rossow, L.M., Abe, T., **Ye, X.**, Kim, D., and Bemben. M.G. (2012). The acute muscle swelling effects of blood flow restriction. *Acta Physiologica Hungarica*, 99(4), 400-410.
45. Xin, C., Wang, A., Hang, X., and **Ye, X.** (2006). The effects of health education on older adults in Xianfeng Community of Yancheng City. *Journal of Community Medicine*, 4(06S), 7-8.
46. Xin, C., **Ye, X.**, and Hang, X. (2006). Participation of nursing students in the community elderly healthy education. *Journal of Nursing Science*, 21(7), 56-57.

Manuscripts under Review

* Served as a corresponding author; † Projects from mentored graduate or undergraduate students

1. †West, J.T., Miller, W.M., Jeon, S., and ***Ye, X.** The effects of a preconditioning foam rolling session on subsequent eccentric exercise-induced muscle damage. Submitted August 23, 2019 to *Journal of Strength and Conditioning Research*.
2. †Brown, B.A., **Ye, X.**, and Xin, L. The contralateral repeated bout effect of elbow flexors was not observed in young women. Submitted August 21, 2019 to *European Journal of Applied Physiology*.
3. †Jeon, S., Miller, W.M., and ***Ye, X.** A comparison of motor unit control strategies between two different isometric tasks. Submitted September 5, 2019 to *Applied Physiology, Nutrition, and Metabolism*.
4. Chen, C.H., Kun-Ming Chang Chien, K.M., Tseng, W.C., Chiu, C.H., Dai, X., and ***Ye, X.** Acute effects of different warm-up protocols on sports performance in elite collegiate handball players. Submitted September 7, 2019 to *Scandinavian Journal of Medicine and Science in Sports*.
5. Carr, J.C., ***Ye, X.** Fatigue and recovery patterns of upper and lower limbs during maximal intermittent contractions in males and females. - Submitted August 8, 2019 to *Applied Physiology, Nutrition, and Metabolism*.

Invited Talks/Presentations

1. Research Presentation: “The Application of Exercise Physiology in Rehabilitation Sciences”.
Department of Rehabilitation Sciences, Jiangsu Vocational College of Medicine, China, June, 2018
2. Research Presentation: “Short-Term Cross-Over Effects and Long-Term Cross Education in Exercise and Sports Sciences”.
Department of Sport Performance, National Taiwan University of Sport, Taiwan, Winter 2017.
3. Research Presentation: “The Application of Surface EMG in Exercise and Sports Sciences”.
Department of Sports Medicine, Kaohsiung Medical University, Taiwan, March 13, 2017

Published Research Abstracts Presented at International/National Meetings

1. Miller, W.M., **Ye, X.**, and Jeon, S. Comparison of contralateral rate of force development after separate concentric and eccentric exercise to failure in the elbow flexors. NSCA 2019 Annual Conference, Washington, D.C.
2. Jeon, S., **Ye, X.**, and Miller, W.M. A comparison of motor unit control strategies between two different isometric muscle actions. ACSM 66th Annual Meeting, 2019, Orlando, FL.
3. Brown, B.A., **Ye, X.**, and Xin, L. Contralateral repeated bout effect of elbow flexors not observed in young women. ACSM 66th Annual Meeting, 2019, Orlando, FL.
4. **Ye, X.**, Killen B.S., and Zelizney, K.L. Acute effects of unilateral static stretching on contralateral limb range of motion and isometric strength. ACSM 65th Annual Meeting, 2018, Minneapolis, MN.
5. **Ye, X.**, Carr, J.C. Bilateral deficit in human upper body muscles. ISEK 2018, Dublin, Ireland.
6. Carr, J.C., **Ye, X.**, Stock, M.S., Wages, N.P., Bembem, M.G., and DeFreitas, J.M. Contralateral adaptations in rate of force development and rate of muscle activation following unilateral isometric training. ISEK 2018, Dublin, Ireland.
7. **Ye, X.**, Killen, B.S., Carr, J.C. Self-administered unilateral foam rolling exercise improves contralateral hamstring flexibility. NSCA 2018 Annual Conference, Indianapolis, IN.
8. Miller, W.M., **Ye, X.** Comparisons of time to failure in different isometric fatiguing muscle actions. NSCA 2018 Annual Conference, Indianapolis, IN.
9. Carr, J.C., **Ye, X.**, Stock, M.S., Wages, N.P., and DeFreitas, J.M. is the magnitude of cross education dependent on initial strength levels? NSCA 2018 Annual Conference. Indianapolis, IN.
10. **Ye, X.**, Beck T.W., Wages, N.P., Carr, J.C., and Tharp, H.M. Sex comparisons for strength loss and recovery during an intermittent isometric fatiguing exercise. NSCA 40th National Conference, 2017, Las Vegas, NV.

11. **Ye, X.**, Beck T.W., Wages, N.P., Carr, J.C., Tharp, H.M., Bemben, M.G., Larson, R.D., and Ade, C.J. Fatiguing knee extensors has differential effects on contralateral homologous and non-related heterogenous muscles. ACSM 64th Annual Meeting, 2017, Denver, CO.
12. Carr, J.C., Beck, T.W., **Ye, X.**, Wages, N.P. Inter-individual variability in the mechanomyographic frequency response during a sustained isometric force task. ACSM 64th Annual Meeting, 2017, Denver, CO.
13. Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C., Tharp, H.M. Unilateral fatiguing exercise and its effect on relative, percent change differences between vastus lateralis muscles. ACSM 64th Annual Meeting, 2017, Denver, CO.
14. Carr, J.C., Beck, T.W., **Ye, X.**, Wages, N.P., Tharp, H.M. Increased maximal force and electromyographic amplitude following three submaximal isometric training sessions. NSCA 40th National Conference, 2017, Las Vegas, NV.
15. Carr, J.C., Beck, T.W., **Ye, X.**, Wages, N.P., Tharp, H.M. Surface mechanomyography models predict fatigue-based task failure. The University of Oklahoma Graduate Student Research and Creativity Day 2017, Norman, OK.
16. **Ye, X.**, Beck T.W., Wages, N.P., Carr, J.C., and Tharp, H.M. An examination of non-local muscle fatigue in human elbow flexors. SEACSM Annual Meeting, 2017, Greenville, SC.
17. Carr, J.C., Beck T.W., **Ye, X.**, Wages, N.P. Mechanomyographic response for the biceps brachii during a sustained maximal voluntary contraction. NSCA 39th National Conference, 2016, New Orleans, LA.
18. Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C., and Tharp, H.M. Investigation of the corollary discharge mechanism, using electromyographic signals from the first dorsal interosseous muscle, during pinching exercises in healthy young men. NSCA 39th National Conference, 2016, New Orleans, LA.
19. Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C. Examination of the corollary discharge mechanism using electromyographic signals from the first dorsal interosseous muscle during grasping exercises, in healthy young adults. ACSM 63rd Annual Meeting, 2016, Boston, MA.
20. **Ye, X.**, Beck, T.W., Wages, N.P., Carr, J.C., and Miller, C.A. Prolonged static stretching-induced alteration in the relationship between motor unit recruitment threshold and de-recruitment threshold. NSCA 38th National Conference, 2015, Orlando, FL.
21. Carr, J.C., Beck, T.W., **Ye, X.**, Wages, N.P. An electromyographic examination of task failure during a sustained submaximal contraction for the forearm flexors. NSCA 38th National Conference, 2015, Orlando, FL.
22. **Ye, X.**, Beck, T.W., Wages, N.P., Carr, J.C., and Miller, C.A. Prolonged static stretching improves the steadiness of medium-intensity sustained submaximal contractions. ACSM 62nd Annual Meeting, 2015, San Diego, CA.

23. Carr, J.C., Beck, T.W., **Ye, X.**, and Wages, N.P. An examination of fatigue index and absolute peak torque for the forearm flexors. ACSM 62nd Annual Meeting, 2015, San Diego, CA.
24. Wages, N.P., Beck, T.W., **Ye, X.**, Carr, J.C., and Miller, C.A. Resting mechanomyographic amplitude of the vastus lateralis muscle from different postural positions following aerobic exercise. ACSM 62nd Annual Meeting, 2015, San Diego, CA.
25. **Ye, X.**, Beck, T.W., Wages, N.P., Carr, J.C., and Miller, C.A. Influences of training status on acute isometric force percent decline following concentric versus eccentric exercise. NSCA 37th National Conference, 2014, Las Vegas, NV.
26. Carr, J.C., Beck, T.W., **Ye, X.**, and Wages, N.P. An examination of fatigue index and velocity-related force loss for the forearm flexors. NSCA 37th National Conference, 2014, Las Vegas, NV.
27. **Ye, X.**, Beck, T.W., and Wages, N.P. Electromyographic responses after concentric and eccentric exercises on the forearm flexor. ACSM 61st Annual Meeting, 2014, Orlando, FL.
28. Kim, D., Loenneke, J.P., Thiebaud, R.S., **Ye, X.**, Mouser, G., Ramos, L., Bemben, D.A., and Bemben, M.G. Acute muscular responses to high intensity and low intensity with blood flow restriction cycling. ACSM 61st Annual Meeting, 2014, Orlando, FL.
29. **Ye, X.**, Beck, T.W., and DeFreitas, J.M. A comparison of the acute effects of concentric versus eccentric exercise on strength and force steadiness. NSCA 36th National Conference, 2013, Las Vegas, NV.
Awarded for Doctoral Student Outstanding Poster Presentation
30. **Ye, X.**, DeFreitas, J.M., and Beck, T.W. Accuracy of a simple anthropometric method for estimating muscle cross-sectional area. ACSM 60th Annual Meeting, 2013, Indianapolis, IN.
31. Chen, Z., Sharma-Ghimire, P., **Ye, X.**, Keeter, T., Young, K.C., Kim, E., Poole, C., Kim, D., Bemben, M.G., and Bemben, D.A. Acute effects of whole-body vibration and resistance exercise on cortisol levels in young men. ACSM 60th Annual Meeting, 2013, Indianapolis, IN.
32. Young, K.C., Poole, C., Loenneke, J.P., Fahs, C.A., **Ye, X.**, Kim, D., Ferguson, S., Bemben, M.G., and Bemben, D.A. Bone turnover marker responses to 12 weeks of walking with and without blood flow restriction. ACSM 60th Annual Meeting, 2013, Indianapolis, IN.
33. Kim, D., Singh, H., Young, K.C., Fahs, C.A., Rossow, L.M., Loenneke, J.P., Thiebaud, R.S., Kim, E., **Ye, X.**, Bemben, M.G., and Bemben, D.A. Effects of detraining on performance measures following cycling with or without blood flow restriction. ACSM 60th Annual Meeting, 2013, Indianapolis, IN.
34. Thiebaud, R.S., Loenneke, J.P., Fahs, C.A., Kim, D., **Ye, X.**, Abe, T., Nosaka, K., and Bemben, M.G. Effects of low-intensity eccentric contractions with blood flow restriction on indirect markers of muscle damage. ACSM 60th Annual Meeting, 2013, Indianapolis, IN.

35. Sharma-Ghimire, P., Chen, Z., **Ye, X.**, Keeter, T., Young, K.C., Kim, E., Poole, C., Kim, D., Bemben, M.G., and Bemben, D.A. Whole-body vibration attenuates bone resorption marker responses to acute resistance exercise in young men. ACSM 60th Annual Meeting, 2013, Indianapolis, IN.
36. **Ye, X.**, Beck, T.W., Fahs, C.A., Kim, D., Loenneke, J.P., Thiebaud, R.S., Rossow, L.M., Kim, E., Stock, M.S., Bemben, D.A., and Bemben, M.G. Acute effects of an elastic device on bench press strength and prime mover muscle activation college-aged resistance trained males. NSCA 35th National Conference, 2012, Providence, RI.
37. Stock, M.S., Beck, T.W., DeFreitas, J.M., and **Ye, X.** Gender comparisons of relative peak torque and electromyographic mean frequency during repeated maximal concentric isokinetic muscle actions. NSCA 35th National Conference, 2012, Providence, RI.
38. **Ye, X.**, Kim, D., Fahs, C.A., Loenneke, J.P., Thiebaud, R.S., Kim, E., Rossow, L.M., Sherk, K., Beck, T.W., Abe, T., Bemben, D.A., and Bemben, M.G. Acute effects of an elastic device on bench press performance in young resistance trained males. ACSM 59th Annual Meeting, 2012, San Francisco, CA.
39. Kim, D., Singh, H., Kaelin, Y.C., A. Fahs, C.A., Rossow, L.M., Loenneke, J.P., Thiebaud, R.S., Kim, E., Sherk, K., **Ye, X.**, Bemben, D.A., and Bemben, M.G. Effects of low intensity cycling with blood flow restriction on body composition, strength, and VO₂max. ACSM 59th Annual Meeting, 2012, San Francisco, CA.
40. Thiebaud, R.S., Loenneke, J.P., Fahs, C.A., Rossow, L.M., Kim, E., **Ye, X.**, Kim, D., Abe, T., Anderson, M.A., and Bemben, M.G. Elastic band resistance training combined with blood flow restriction in postmenopausal women. ACSM 59th Annual Meeting, 2012, San Francisco, CA.
41. Kim, E., Sung, H., Kim, D., Singh, H., Ferguson, S.L., **Ye, X.**, Lee, K., Bemben, D.A., and Bemben, M.G. effects of 12 weeks of circuit training on metabolic health indicators in middle-aged, obese women. ACSM 58th Annual Meeting, 2011, Denver, CO.
42. Fahs, C.A., Rossow, L.M., Young, K.C., Kim, E., Ferguson, S.L., Kim, D., **Ye, X.**, Seo, D., Bemben, D.A., and Bemben, M.G. The effect of different types of lower body resistance training on arterial compliance and calf blood flow. ACSM 58th Annual Meeting, 2011, Denver, CO.

Research Grants and Funding

1. Mississippi Space Grant Consortium (MSSGC) Student Grants for NASA-Related Research (2019)
Ye, X., and Miller, W.M.

Project Title: Effects of combining neuromuscular electrical stimulation and voluntary isometric training on neuromuscular functions

Role: PI; Funding: \$12,000.00; Status: Under Review

2. The University of Mississippi (UM) Summer Undergraduate Research Fellowship Grant (2019)
Ye, X., and Benton, R.J.

Project Title: Effects of Prolonged Downhill Running on Upper Body Muscle Functions

Role: PI/Faculty Sponsor; Funding: \$4,500.00; Status: Not Funded

3. UM School of Applied Sciences Summer Research Program Support (2017, 2018, 2019)
Ye, X. Recipient; Funding: \$6,000.00; Status: Funded

4. National Strength and Conditioning Association (NSCA) Young Investigator Grant (2019)
Ye, X., Miller, W.M., Jeon, S, and Xin, L.
Project Title: The examinations of global effects of high-intensity upper and lower body resistance exercises
Role: PI; Funding: \$20,363.00; Status: Not Funded

5. NSCA International Collaboration Grant (2018)
Ye, X., and Guo, LY (Kaohsiung Medical University)
Project: Effects of a four-week unilateral strength training with static stretching or rolling massage on immobilized contralateral hamstring muscle performance
Role: PI; Funding: \$50,000.00; Status: Not Funded

6. NSCA Young Investigator Grant (2018)
Ye, X., Carr, J.C., Miller, W.M., Jeon, S, and Xin, L.
Project Title: The examinations of global effects of high-intensity upper and lower body resistance exercises
Role: PI; Funding: \$7,471.00; Status: Not Funded

7. NSCA Doctoral Student Research Grant (2018)
Ye, X., and Miller, W.M.
Project Title: The effects of varying fatiguing contractions on rate of force development
Role: PI; Funding: \$15,000.00; Status: Not Funded

8. National Institutes of Aging, R15 (2017)
Loenneke, P.L., and **Ye, X.**
Project Title: An investigation into whether there are inter-individual responses to resistance exercise in both young and older individuals
Role: CO-I; Funding: \$414,717.00; Status: Not Funded

9. The University of Oklahoma (OU) Eddie Carol Smith Research Grant (2016)
Ye, X. Funding: \$2,000.00; Status: Not Funded

10. OU Department of Health and Exercise Science Hellen Riddle Research Grant (2016)
Ye, X. Recipient; Funding: \$1,000.00; Status: Funded

11. OU Department of Health and Exercise Science Doctoral Research Grant (2016)
Ye, X. Recipient; Funding: \$500.00; Status: Funded

12. OU Nancy L. Mergler Dissertation Completion Grant (2015) (\$15000.00, Not Funded)
Ye, X. Funding: \$15,000.00; Status: Not Funded

13. NSCA Minority Research Grant (2015)
Ye, X. Recipient; Funding: \$1500.00; Status: Funded

14. American College of Sports Medicine (ACSM) Tipton Research Grant (2015)

Ye, X.; Funding: \$1000.00; Status: Not Funded

15. OU Graduate Student Senate Research Grant (2014)

Ye, X. Recipient; Funding: \$300.00; Status: Funded

16. NSCA Minority Research Grant (2013)

Ye, X. Recipient; Funding: \$1500.00; Status: Funded

17. OU Graduate College Robberson Research & Creative Endeavors Grant (2013)

Ye, X. Recipient; Funding: \$1000.00; Status: Funded

Travel Grants and Supports

1. The UM Office of Research and Sponsored Programs (ORSP) Faculty Travel Grant (2019)

Ye, X. Recipient; Funding: \$500.00; Status: Funded

Activity: Trip to ACSM annual conference, Orlando, FL, May 2019

2. The UM ORSP Faculty Travel Grant (2018)

Ye, X. Recipient; Funding: \$225.00; Status: Funded

Activity: Trip to ISEK conference, Dublin, Ireland, June 2018

3. The UM ORSP Faculty Travel Grant (2017)

Ye, X. Recipient; Funding: \$1,200.00; Status: Funded

Activity: Trip to National Taiwan University of Sport, Taiwan, December 2017

4. The UM Office of Global Engagement (OGE) International Collaboration Grant (2017)

Ye, X. Recipient; Funding: \$1,815.00; Status: Funded

Activity: Research collaboration supports at National Taiwan University of Sport, Taiwan, December 2017

5. The UM ORSP Faculty Travel Grant (2017)

Ye, X. Recipient; Funding: \$500.00; Status: Funded

Activity: Trip to Kaohsiung Medical University, Taiwan, March 2017

6. OU Graduate Students Travel Grants and Supports (2010-2016)

Ye, X. Recipient; Total Awarded Funding: \$6,336.89

Activities: Trips to national conferences of ACSM and NSCA

STUDENT TEACHING AND MENTORSHIP

Course Development and Instruction

The University of Mississippi

- ES 473 Practicum (Undergraduate level; 3 credits; Undergoing online course development)
- ES 338 Motor Learning and Control (Undergraduate level; 3 credits; Class size: 90-100 students)
- ES 490 Independent Study (Undergraduate level; 3 credits; Spring 2017)

Ms. Krista Zelizney, Mr. Benjamin Killen

Research Project Title: Acute effects of unilateral muscle stretching and foam rolling on contralateral limb flexibility (Published in Journal of Sport Rehabilitation)

- ES 514 Applied Electromyography (Graduate level; 3 credits; Class size: 4-12 students)
- ES 644 Control of Human Voluntary Movement (Graduate level; 3 credits; Class size: 3-8 students)
- ES 651 Advanced Individual Study (Graduate level; 3 credits)

Ms. Brittany Finney (Fall 2018)

Assisting current research project: Effects of concentric vs. eccentric exercise on contralateral limb rate of force development

Mr. Sunggun Jeon (Fall 2017)

Independent research project: Comparisons of active contracting and passive holding tasks on fatigue and motor unit firing properties (Manuscript published in Physiological Reports)

The University of Oklahoma

- HES 1121 Beginning Weight Training (undergraduate level; 1 credit)
- HES 1521 Beginning Swimming (undergraduate level; 1 credit)
- HES 1823 Scientific Principles of Health and Disease (undergraduate level; 3 credits)
- HES 3813 Principles of Health and Fitness (Lecture and Lab) (undergraduate level; 3 credits)
- HES 3853 Exercise Testing and Prescription (Lecture and Lab) (undergraduate level; 3 credits)
- HES 4833 Physiology of Exercise Lab (undergraduate level; 3 credits)
- HES 4873 Principles of Strength and Conditioning (undergraduate level; 3 credits)

SUNY Buffalo

- Tutor at Athletes Academic Service, Athletic Department
Courses tutored: Biology, Physics 1 & 2, General Chemistry 1 & 2, Nutrition, Microeconomics, Macroeconomics

Students Mentored

Ph.D. Students

Mr. William Miller (Dissertation Committee Chair: 2017 -)

Mr. Sunggun Jeon (Dissertation Committee Chair: 2018 -)

Ms. Brittany Trahan (Advisor: 2017 - 2018)

Mr. Scott Dankel (Dissertation Committee Member, 2019)

Mr. Christopher Hill (Dissertation Committee Member, 2019)

Mr. Tyler Donahue (Dissertation Committee Member, 2019)

Master Students

Mr. Sunggun Jeon (Committee Chair: 2017 - 2018)

Mr. Dustin Graves (Committee Member)

Undergraduate Students

Mr. Robert Jackson Benton (Senior honors thesis; expect to graduate Spring 2020)

Mr. Jonathan Tyler West (Senior practicum research; Spring & Summer 2019)

Ms. Elizabeth Heller (Senior practicum research; Spring 2019)

Mr. Jacob Harrison (Senior practicum research; Spring 2019)

Ms. Bailey Brown (Committee member of senior honors thesis; Spring 2019)
Mr. Benjamin Killen (Graduated May 2017; currently in DPT program at UMMC)
Ms. Krista Lynn (Graduated May 2017; currently in DPT program at FIU)

PROFESSIONAL SERVICE

Editorial Board

Journal of Human Kinetics
Journal of Exercise Physiology & Fitness
Sports Medicine and Rehabilitation Journal

Work as an External Reviewer

Medicine & Science in Sports & Exercise
Journal of Sport and Health Science
Frontiers in Physiology
Journal of Strength and Conditioning Research
Kinesiology
Biology of Sport
Journal of Sports Science & Medicine
Journal of Human Kinetics
Muscle & Nerve
Research in Sports Medicine
International Journal of Sports Physiology and Performance
Physical Therapy in Sport
European Journal of Sport Science
Scandinavian Journal of Medicine & Science in Sports
International Journal of Rehabilitation Research
Journal of Bodywork and Movement Therapies
American Journal of Physical Medicine & Rehabilitation
Journal of Orthopaedic & Sports Physical Therapy
Strength and Conditioning Journal
Journal of Trainology
Sports Biomechanics
Journal of Sports Sciences
Clinical Physiology and Functional Imaging
PLOS One
International Journal of Exercise Science
Experimental Physiology
Medicine
International Journal of Sports Medicine
Journal of Gerontology: Biological Sciences
BMC Musculoskeletal Disorders
Journal of Sport Rehabilitation
Human Movement
Pediatric Exercise Science
Brain Sciences

External Grant Reviewer

NSCA Foundation Grant 2017-2019

Conference Abstract Reviewer

NSCA National Conference 2017-2019

Conference Presentation Judge

NSCA 2017 National Conference Master Student Poster Presentation

NSCA 2018 National Conference Graduate Student Podium Presentation

University of Mississippi Service (2016 - present)

Course development (ES 473 Practicum; Fall 2019)

Faculty Member of Neuroscience Minor (Fall 2016 – present)

Exercise Science Graduate Program Admission Committee Member (Fall 2016 – present)

Exercise Science Undergraduate Program Assessment Committee Member (Fall 2016 – present)

Faculty Sponsor for Exercise Science Club (Fall 2017 – present)

Co-development for Undergraduate Course: Research Methods Health and Exercise Science (Fall 2017)

Search Committee Member for Exercise Science Faculty Member (Fall 2017)

ADDITIONAL INFORMATION

Professional Memberships

American College of Sports Medicine, 2009-Present

National Strength and Conditioning Association, 2010-Present

American Physiological Society, 2014-Present

International Society of Electrophysiology and Kinesiology, 2017-Present

International Society of Biomechanics, 2015-2016

Professional Certifications

American College of Sports Medicine-Certified Clinical Exercise Physiologist (CEP)

National Strength and Conditioning Association-Certified Strength and Conditioning Specialist*D (CSCS*D)

American Heart Association-First Aid, CPR & AED