Hui Ying Luk, Ph. D, CSCS, \*D

CURRICULUM VITAE

**WORK ADDRESS**

Department of Kinesiology of Sport Management

Texas Tech University

Lubbock, TX

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**EDUCATION BACKGROUND**

Ph.D. in Biology (Major: Exercise Physiology), 2018

University of North Texas, Denton, TX

Dissertation Title: Effect of the transient resistance exercise-induced testosterone increase on satellite cell activation.

Advisor: Dr. Jakob L. Vingren

M.S. in Kinesiology, 2013

University of Connecticut, Storrs, CT

Thesis Title: Acute resistance exercise stimulates sex-specific dimeric immunoreactive growth hormone response.

Advisor: Dr. William J. Kraemer

M.S. in Strength and Conditioning, 2011

Springfield College, Springfield, MA

Thesis Title: The Comparison of muscle force imbalance in prowerlifters and jumpers.

Advisors: Drs. Margaret Jones and Brian Thompson

B.A. (Honor) inPhysical Education and Recreation Management, 2008

# Hong Kong Baptist University, Kowloon, Hong Kong

Honor Project Title: Exercise motivation and parental influence in Hong Kong rugby players.

Advisor: Dr. Bik Chu Chow

# PROFESSIONAL APPOINTMENTS

Assistant Professor in Exercise Physiology (September 2018 – Present)

The Department of Kinesiology and Sport Management, Texas Tech University, Lubbock, TX.

Graduate/Research Assistant (August 2013 – August 2018)

Applied Physiology Laboratory, University of North Texas, Denton, TX.

Responsibilities: Conduct literature reviews; prepare materials for submission to granting agencies and foundations; prepare IRB documents; recruit and screen participants; manage and respond to project related email; request or acquire equipment or supplies necessary for the project; coordinate undergraduate student helpers and supervise students research project; collect, analyze, and present data; prepare manuscript for submission and poster for presentation.

Graduate Assistant (August 2011 – May 2013)

Human Performance Laboratory, University of Connecticut, Storrs, CT.

Responsibilities: Conducted literature reviews; prepared IRB documents; recruited and screened participants; collected, analyzed, and presented data; prepared manuscript for submission and poster for presentation.

Graduate Assistant (September 2008 - January 2010)

Campus Recreation (Rugby Coach), Springfield College, Springfield, MA.

Responsibilities: Prepared practice plan; provided a safe physical environment; taught the rules of rugby; directed players in competition.

## GRANTS AWARDED

1. Title: Tai Chi for pain management: a pilot mechanistic study.

Funding agency: Center of Excellence for Translational Neurosciences and Therapeutics, TTUHSC.

Shen CL (PI). Neugebauer V (Co-PI). Watkins BA (Co-PI). Brismee JM (Co-I), Zumwalt M (Co-I), Lee J (Co-I), Chyu M-C (Co-I), **Luk H-Y (Co-I)**, O’Boyle M (Co-I). (Awarded: $18,000).

Study period: 12/1/2018-11/30/2019.

1. Title: Tocotrienols supplementation for postmenopausal women with low muscle strength

Funding agency: American River Nutrition, Inc., Hadley, MA.

Shen CL (PI, 15%). Culberson, J (co-I), Palmer T (co-I), Yang, SP (co-I), **Luk HY (co-I)**, Robyn Richmond (Co-I), Watkins BA (co-I). (Awarded $30,000).

Study period: 11/1/2018-10/31/2020

1. Title: Tocotrienols Supplementation for Postmenopausal Women with Sarcopenia: A Pilot Study

Funding agency: South Plains Foundation.

Shen CL (PI, 15%). Culberson, J (co-I), Palmer T (co-I), Yang, SP (co-I), **Luk HY (co-I)**, Robyn Richmond (Co-I), Watkins BA (co-I). (Awarded $15,000).

Study period: 9/1/2018-8/31/2019

1. Title: Effect of the transient resistance exercise-induced testosterone increase on satellite cell activation

Funding agency: National Strength and Conditioning Association, Doctoral Research Grant

**Luk HY (PI)** (Awarded: $15,000)

Study period: 9/1/2015-8/31/2017 (Completed)

1. Title: The influence of resistance exercise-induced testosterone on satellite cell proliferation

Funding agency: American College of Sports Medicine Texas Chapter, Doctoral Research Grant

**Luk HY (PI)** (Awarded $1,000 awarded)

Study period: 2/27/2015-8/31/2015 (Completed)

1. Title: Travelling and Exercise Performance

Funding agency: National Strength and Conditioning Association, Masters Research Grant ($5,000 awarded)

**Luk HY (student PI)** (Awarded $ 5000)

Study period: 7/1/2013-9/1/2014 (Completed)

## STUDENT MENTOR: GRANT AWARDED

1. Title: The effect of resistance exercise-induced hormone changes on autophagy response in untrained men and women  
   Funding agency: *Texas Chapter of the American College of Sports Medicine,* 2020 Student Research Development Award

Casey Appel (student PI) (Awarded $1000)

**Luk HY** (Research Mentor)

## GRANTS SUBMITTED

National Institute of Aging, R01, 2020

Title: Clinical investigation of Tai Chi and n-3 PUFA on endocannabinoid modulation and brain fMRI connectivity in knee OA pain

National Strength and Conditioning Association, Young Investigator Grant, 2019

Title: Effect of Resistance Exercise Intensity on Cannabinoid Receptor 1 and Muscle Anabolism in Untrained Normal Weight and Obese Young Women

National Institute of Aging, Research Center Collaborative Network, 2019

Title: Effect of Chronic L-Citrulline Supplementation on Cardiometabolic and Skeletal Muscle Health in Post-Menopausal Women with Prediabetes

Highbush Blueberry Council, 2019

Title: Targeting endothelial function with blueberry supplementation to treat or prevent hypertension and skeletal muscle weakness in older women

Texas American College of Sports Medicine, Doctoral Research Grant, 2014

Title: Effect of alcohol on low back muscle strength recovery after moderate trunk extension exercise in men and women

National Strength and Conditioning Association, Doctoral Research Grant, 2014

Title: Acute resistance exercise on satellite cells: *In Vivo* and *In Vitro.*

**PEER-REVIEWED PUBLICATIONS**

1. **Luk, HY.,** Levitt, DE., Boyett, JC., Rojas, S., Flader, SM., McFarlin, BK., Vingren, JL. (2019). Resistance exercise-induced hormonal response promotes satellite cell proliferation in untrained men but not in women, *American Journal of Physiology: Endocrinology and Metabolism*, 317: E421-E432.
2. Levitt, DE., **Luk, HY.,** Duplanty A., Mcfarlin, BK., Hill, DW., Vingren, JL. (2017). Effect of alcohol after muscle damaging resistance exercise on muscular performance recovery and inflammatory capacity in women, *European Journal of Applied Physiology,* 117 (6): 1195-1206.
3. Kunces, LJ., Keenan, J., Munoz, CX., **Luk, H.Y.,** Vingren, JL., Carlson-Phillips, A. (2016). A multi-vitamin with relora® improves sleep latency and quality before an endurance cycling event. *Current Topics in Nutraceutical Research,* 14(4): 259-264.

1. **Luk, HY.**, Levitt, DE., Lee, EC., Ganio, MS., McDermott, BP., Kupchak, BR., McFarlin, BK., Hill, DW., Armstrong, LE., Vingren, JL. (2016). Pro- and anti-inflammatory cytokine responses to a 164-km Road Cycle ride in a hot environment. *European Journal of Applied Physiology,* 116(10): 2007-2015.
2. **Luk, HY.**, McFarlin, BK., Vingren, JL. (2016). Using Image-Based Flow Cytometry to monitor satellite cells proliferation and differentiation in vitro. *Methods*, 112(1): 175-181.
3. Kraemer, WJ., Hooper, DR., Kupchak, BR., Saenz, C., Brown, LE., Vingren, JL., **Luk, HY.**, Dupont, WH., Szivak, TK., Flanagan, SD., Caldwell, LK., Eklund, D., Lee, EC., Häkkinen, K., Volek, JS., Fleck, SJ., Maresh, CM. (2016). The effects of roundtrip Trans-American jet travel on physiological stress, neuromuscular performance and recovery. *Journal of Applied Physiology,* 121(2): 438-48.
4. Donahue, RB., Vingren, JL., Duplanty, AA., Levitt, DE., **Luk, HY.**, Kraemer, WJ. (2016). Acute effect of whole-body vibration warm-up on footspeed quickness. *Journal of Strength & Conditioning Research*, 30(8), 2286-91.
5. Duplanty, AA., Hill, DW., McFarlin, BK., **Luk, HY**., Budnar, RG., Levitt, DE., Huggett, DB., Vingren, JL. (2017) Effect of acute alcohol ingestion on resistance exercise induced mTORC1 signaling in human muscle. *Journal of Strength & Conditioning Research,* 31 (1): 54-61.
6. **Luk, HY.,** McKenzie, AL., Duplanty, AA., Budnar, RG., Levitt, D., Fernandez, A., Lee, EC., Armstrong, LE., Vingren, JL. (2016). Leukocyte subset changes in response to a 164km bicycle ride in a hot environment. *International Journal of Exercise Science*, 9(1): 34-46.
7. Levitt, DE., Duplanty, AA., Budnar, RG., **Luk, HY.**, Fernandez, A., Layman, TJ., Fancher, DL., Hill, DW., McFarlin, BK., Vingren, JL. (2016) The effect of post-resistance exercise alcohol ingestion on lipopolysaccharide-stimulated cytokines. *European Journal of Applied Physiology,* 116(2): 311-318.
8. Vingren, JL., Budnar, RG., McKenzie, AL., Duplanty, AA., **Luk, HY.**, Levitt, DE., Armstrong, LE. (2016). The acute testosterone, growth hormone, cortisol, and interleukin-6 response to 164-km road cycling in a hot environment. *Journal of Sport Sciences,* 34(8): 694-9.
9. **Luk, HY.**, Kraemer, WJ., Szivak, TK., Flanagan, SD., Kupchak, BR., Hooper, DR., Kupchak, BR., Comstock, BA., Dunn-Lewis, C., Vingren, JL., Dupont, WH., Hymer, WC. (2015) Acute resistance exercise stimulates sex-specific dimeric immunoreactive growth hormone response. *Growth Hormone & IGF Research*, 25(3): 136-40.
10. Kupchak, BR., McKenzie, AL., **Luk, HY.**, Saenz C., Kunces, LJ., Ellis, LA., Vingren, JL., Lee, EC., Ballard, KD., Johnson, EC., Kavouras, SA., Ganio, MS., Wingo, JE., Williamson, KH., Armstrong, LE.(2015).Effect of cycling 164-km in the heat on procoagulant and fibrinolytic parameters. *European Journal of Applied Physiology*, 115(6): 1295-303.
11. Kraemer, WJ., Hooper, DR., Szivak, TK., Kupchak, BR., Dunn-Lewis, C., Comstock, BA., Flanagan, SD., Looney, DP., Sterczala, AJ., DuPont, WH., Pryor, JL., **Luk, HY.**, Maladoungdock, J., McDermott, D., Volek, JS., Maresh, CM. (2015). The addition of beta-hydroxy-beta-methylbutyrate and isomaltulose to whey protein supplementation augments the recovery process. *Journal of the American College of Nutrition,* 11: 1-9.

# Luk, HY., Winter, C., O’Neill, E., Thompson, BA. (2014). The Comparison of muscle force imbalance in prowerlifters and jumpers*. Journal of Strength & Conditioning Research*, 28(1), 23-27.

1. [Flanagan, SD](http://www.ncbi.nlm.nih.gov/pubmed?term=Flanagan%20SD%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Comstock, BA](http://www.ncbi.nlm.nih.gov/pubmed?term=Comstock%20BA%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Dupont, WH](http://www.ncbi.nlm.nih.gov/pubmed?term=Dupont%20WH%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Sterczala, AJ](http://www.ncbi.nlm.nih.gov/pubmed?term=Sterczala%20AJ%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Looney, DP](http://www.ncbi.nlm.nih.gov/pubmed?term=Looney%20DP%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Dombrowski, DH](http://www.ncbi.nlm.nih.gov/pubmed?term=Dombrowski%20DH%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [McDermott, DM](http://www.ncbi.nlm.nih.gov/pubmed?term=McDermott%20DM%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Bryce, A](http://www.ncbi.nlm.nih.gov/pubmed?term=Bryce%20A%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Maladouangdock, J](http://www.ncbi.nlm.nih.gov/pubmed?term=Maladouangdock%20J%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Dunn-Lewis, C](http://www.ncbi.nlm.nih.gov/pubmed?term=Dunn-Lewis%20C%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)**.,**[**Luk, HY**](http://www.ncbi.nlm.nih.gov/pubmed?term=Luk%20HY%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Szivak, TK](http://www.ncbi.nlm.nih.gov/pubmed?term=Szivak%20TK%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Hooper, DR](http://www.ncbi.nlm.nih.gov/pubmed?term=Hooper%20DR%5BAuthor%5D&cauthor=true&cauthor_uid=23860286)., [Kraemer, WJ](http://www.ncbi.nlm.nih.gov/pubmed?term=Kraemer%20WJ%5BAuthor%5D&cauthor=true&cauthor_uid=23860286). (2014). Concurrent validity of the Armour39TM Heart Rate Monitor Strap. *Journal of Strength & Conditioning Research*, 28(3), 870-873.

# [Kraemer, WJ](http://www.ncbi.nlm.nih.gov/pubmed?term=Kraemer%20WJ%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Fragala, MS](http://www.ncbi.nlm.nih.gov/pubmed?term=Fragala%20MS%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [van Henegouwen, WR](http://www.ncbi.nlm.nih.gov/pubmed?term=van%20Henegouwen%20WR%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Gordon, SE](http://www.ncbi.nlm.nih.gov/pubmed?term=Gordon%20SE%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Bush, JA](http://www.ncbi.nlm.nih.gov/pubmed?term=Bush%20JA%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Volek, JS](http://www.ncbi.nlm.nih.gov/pubmed?term=Volek%20JS%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Triplett, NT](http://www.ncbi.nlm.nih.gov/pubmed?term=Triplett%20NT%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Dunn-Lewis, C](http://www.ncbi.nlm.nih.gov/pubmed?term=Dunn-Lewis%20C%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Comstock, BA](http://www.ncbi.nlm.nih.gov/pubmed?term=Comstock%20BA%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Szivak, TK](http://www.ncbi.nlm.nih.gov/pubmed?term=Szivak%20TK%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Flanagan, SD](http://www.ncbi.nlm.nih.gov/pubmed?term=Flanagan%20SD%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Hooper, DR](http://www.ncbi.nlm.nih.gov/pubmed?term=Hooper%20DR%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Luk, HY](http://www.ncbi.nlm.nih.gov/pubmed?term=Luk%20HY%5BAuthor%5D&cauthor=true&cauthor_uid=23395721)., [Mastro, AM](http://www.ncbi.nlm.nih.gov/pubmed?term=Mastro%20AM%5BAuthor%5D&cauthor=true&cauthor_uid=23395721). (2013). Responses of proenkephalin Peptide F to aerobic exercise stress in the plasma and white blood cell biocompartments. *Peptides*, 42, 118-24.

1. [Dunn-Lewis, C](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Dunn-Lewis%20C%22%5BAuthor%5D)., [**Luk, HY**](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Luk%20HY%22%5BAuthor%5D).**,** [Comstock, BA](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Comstock%20BA%22%5BAuthor%5D)., [Szivak, TK](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Szivak%20TK%22%5BAuthor%5D)., [Hooper, DR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Hooper%20DR%22%5BAuthor%5D)., [Kupchak, BR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Kupchak%20BR%22%5BAuthor%5D)., [Watts, AM](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Watts%20AM%22%5BAuthor%5D)., [Putney, BJ](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Putney%20BJ%22%5BAuthor%5D)., [Hydren, JR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Hydren%20JR%22%5BAuthor%5D)., [Volek, JS](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Volek%20JS%22%5BAuthor%5D)., [Denegar, CR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Denegar%20CR%22%5BAuthor%5D)., [Kraemer, WJ](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Kraemer%20WJ%22%5BAuthor%5D). (2012). The Effects of a Customized Over-the-counter mouth guard on neuromuscular force and power production in trained men and women.*Journal of Strength & Conditioning Research*, 26(4), 1085-93.

# [Wolf, MR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Wolf%20MR%22%5BAuthor%5D)., [Fragala, MS](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Fragala%20MS%22%5BAuthor%5D)., [Volek, JS](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Volek%20JS%22%5BAuthor%5D)., [Denegar, CR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Denegar%20CR%22%5BAuthor%5D)., [Anderson, JM](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Anderson%20JM%22%5BAuthor%5D)., [Comstock, BA](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Comstock%20BA%22%5BAuthor%5D)., [Dunn-Lewis, C](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Dunn-Lewis%20C%22%5BAuthor%5D)., [Hooper, DR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Hooper%20DR%22%5BAuthor%5D)., [Szivak, TK](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Szivak%20TK%22%5BAuthor%5D)., [Luk, HY](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Luk%20HY%22%5BAuthor%5D)., [Maresh, CM](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Maresh%20CM%22%5BAuthor%5D)., [Häkkinen, K](http://www.ncbi.nlm.nih.gov/pubmed?term=%22H%C3%A4kkinen%20K%22%5BAuthor%5D)., [Kraemer, WJ](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Kraemer%20WJ%22%5BAuthor%5D). (2012). Sex differences in creatine kinase after acute heavy resistance exercise on circulating granulocyte estradiol receptors. *European Journal of Applied Physiology*, 112(9), 3335-40.

1. [Dunn-Lewis, C](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Dunn-Lewis%20C%22%5BAuthor%5D)., [Kraemer, WJ](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Kraemer%20WJ%22%5BAuthor%5D)., [Kupchak, BR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Kupchak%20BR%22%5BAuthor%5D)., [Kelly, NA](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Kelly%20NA%22%5BAuthor%5D)., [Creighton, BA](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Creighton%20BA%22%5BAuthor%5D)., [**Luk, HY**](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Luk%20HY%22%5BAuthor%5D)**.**, [Ballard, KD](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Ballard%20KD%22%5BAuthor%5D)., [Comstock, BA](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Comstock%20BA%22%5BAuthor%5D)., [Szivak, TK](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Szivak%20TK%22%5BAuthor%5D)., [Hooper, DR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Hooper%20DR%22%5BAuthor%5D)., [Denegar, CR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Denegar%20CR%22%5BAuthor%5D)., [Volek, JS](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Volek%20JS%22%5BAuthor%5D). (2011). A multi-nutrient supplement reduced markers of inflammation and improved physical performance in active individuals of middle to older age: a randomized, double-blind, placebo-controlled study. *Nutrition Journal*, 10, 90.
2. [Comstock, BA](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Comstock%20BA%22%5BAuthor%5D)., [Solomon-Hill, G](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Solomon-Hill%20G%22%5BAuthor%5D)., [Flanagan, SD](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Flanagan%20SD%22%5BAuthor%5D)., [Earp, JE](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Earp%20JE%22%5BAuthor%5D)., [**Luk, HY**](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Luk%20HY%22%5BAuthor%5D)**.**, [Dobbins, KA](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Dobbins%20KA%22%5BAuthor%5D)., [Dunn-Lewis, C](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Dunn-Lewis%20C%22%5BAuthor%5D)., [Fragala, MS](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Fragala%20MS%22%5BAuthor%5D)., [Ho, JY](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Ho%20JY%22%5BAuthor%5D)., [Hatfield, DL](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Hatfield%20DL%22%5BAuthor%5D)., [Vingren, JL](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Vingren%20JL%22%5BAuthor%5D)., [Denegar, CR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Denegar%20CR%22%5BAuthor%5D)., [Volek, JS](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Volek%20JS%22%5BAuthor%5D)., [Kupchak, BR](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Kupchak%20BR%22%5BAuthor%5D)., [Maresh, CM](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Maresh%20CM%22%5BAuthor%5D)., [Kraemer, WJ](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Kraemer%20WJ%22%5BAuthor%5D). (2011). Validity of the Myotest® in measuring force and power production in the squat and bench press. *Journal of Strength & Conditioning Research*, 25(8), 2293-7.

# In Review

1. **Luk, HY.**, Levitt, DE., Appel, C., Vingren, JL. Sex Dimorphism in Muscle Damage-induced Inflammation. *Medicine & Science in Sports & Exercise*. (Under Review)
2. Vingren, JL., Boyett, JC., Lee, EC., Levitt, DE., **Luk, HY.**, McDermott, BP., Munoz, CX., Ganio, MS., Armstrong, LE., Hill, DW. Effect of Ibuprofen on Circulating Cytokine and Leukocyte Subset Responses to 164-km Road Cycling Event in a Hot Environment. *Medicine & Science in Sports & Exercise*. (Under Review)
3. **Luk, HY.**, Jones, TM., Vingren, JL. Effect of Rest Period Configurations on Systemic Inflammatory Response in Resistance-Trained Women. *Journal of Sports Science.* (Under Review)
4. Masud, AA., Shen, CL., **Luk, HY.**, Chyu, MC. Impact of Local Vibration Training on Neuromuscular Activity, Muscle Cell, and Muscle Strength: A Review. *Clinical Biomechanics*.(Under Review)

# In Progress

1. **Luk, HY.**, Appel, C., Levitt, DE., Stratton, M. Resistance exercise-induced hormone change promotes autophagy response in untrained men and women. (Manuscript Preparation)
2. **Luk, HY.,** The effect of resistance exercise-induced hormonal response on satellite cell myogenic activity: *In Vitro*. (Data analyses completed, manuscript preparation)
3. **Luk, HY.**, Vellers, H., Appel, C., Sex-specific difference on mitophagy response. (Data analyses and manuscript preparation)
4. McKenzie, AL., Armstrong, LE., Vingren, JL., Kunces, LJ., **Luk**, **HY.,** Colburn, AT., Johnson, EC., Saenz, C., Duplanty, AA., Budnar, RG., Levitt, D., Williamson, K., Ganio, MS., McDermott, BP., Kavouras, SA., Kupchak, BK., Lee, EC.§. Effects of an ultraendurance cycling event in a hot and humid environment on circulating oxidative stress biomarkers. (Manuscript Preparation)

##### BOOK CHAPTER PUBLICATIONS

1. Kraemer, WJ, Beeler, MK, Post, EM, **Luk, HY**, Lombard, JR, Dunn-Lewis, C, Volek, JS. Chapter 49-Physiological Basis for Creatine Supplementation in Skeletal Muscle and the Central Nervous System, IN: Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength (2nd Ed), Bagchi, D., Nair, S., Sen CK, Eds pgs 818, 2018.
2. Kraemer, WJ. Dunn-Lewis C. and **Luk, HY**. Ch 25 Role of Exercise in Diet and Weight Loss. Obesity: epidemiology, pathophysiology, and prevention, 2nd ed. Boca Raton: CRC Press; 2012. pp. 381-408.
3. Kraemer, WJ. **Luk, HY**. Lombard, JR. Dunn-Lewis C. Volek, JS. Ch.39 Physiological Basis for Creatine Supplementation in Skeletal Muscle. Nutrition and Enhanced Sports Performance: Recommendations for Muscle Building, Bagchi, D., Nair, S., Sen CK, Eds, 2013.

## RESEARCH PRESENTATIONS, ABSTRACTS, AND INVITED LECTURES

**Oral Presentations**

1. **Luk, HY.,** Duplanty, AA., Levitt, DE, Budnar, RG, McFarlin, BK, Hill, DW, Vingren, JL. Increased Satellite Cell Proliferation when Cultured with Post-Exercise Serum: Role of Testosterone? *20th Annual Congress of the European College of Sport Science* 2015, Malmo, Sweden.
2. **Luk, HY.** The Influence of Resistance Exercise-Induced Testosterone on Satellite Cell Proliferation. *Texas Chapter of the American College of Sports Medicine Annual Meeting* 2015, Austin, TX.
3. **Luk, HY.** A Comparison of Muscle Strength Imbalance in Bilateral and Unilateral Predominant Contraction Sports. *New England Chapter of the American College of Sports Medicine Fall Meeting* 2011, Providence, RI.
4. **Luk, HY.** Participation Motivation based on experience and gender in Hong Kong Rugby. *Eastern District Association-AAHPERD Annual Convention* 2011, Long Branch, NJ.

**Poster Presentations**

1. **Luk, HY.**, Appel, C., Fokar, M., Vingren, JL. Sex Dimorphism in Muscle Damage-Induced Inflammation. *Annual meeting of the American College of Sports Medicine* 2020.
2. Appel, C., Fokar, M., Vingren, JL, **Luk, HY.** Resistance Exercise-Induced Hormone Change Promotes Autophagy Response in Untrained Women. *Annual meeting of the American College of Sports Medicine* 2020.
3. Raif, T., Appel, C., Fokar, M., Vingren, JL, **Luk, HY.** Muscle Damage Increases Autophagy Activation in Untrained Young Men. *Annual meeting of the American College of Sports Medicine* 2020.
4. **Luk, HY.**, Levitt, DE., Boyett, J., Rojas, S., Flader, SM., McFarlin, BK. FACSM, Vingren, JL. FACSM. Resistance Exercise-Induced Hormonal Response Promotes Satellite Cell Proliferation in Untrained Men. *Annual meeting of the American College of Sports Medicine* 2019, Orlando, FL.
5. Vingren, JL. FACSM, Levitt, DE., Boyett, J., **Luk, HY.,** Moses, S., McFarlin, BK. FACSM, Hill, DW. FACSM. Acute Alcohol Ingestion After Resistance Exercise Does Not Alter Phosphorylation of Upstream Proteins In The mTOR Signaling Pathway. *Annual meeting of the American College of Sports Medicine* 2019, Orlando, FL.
6. **Luk, HY.**, Levitt, DE., Boyett, JC., Rojas S., Flader, SM., McFarlin BK., and Vingren JL. Effect of the transient resistance exercise-induced hormonal response on satellite cell activity: A Pilot Study. *Advances in Skeletal Muscle Biology in Health and Disease 2017,* Gainesville, FL
7. Levitt, DE., **Luk, HY.**, Duplanty, AA., Hill, DW., McFarlin, BK., and Vingren, JL. Post-eccentric exercise alcohol ingestion and LPS-stimulated cytokines in resistance-trained women. *Advances in Skeletal Muscle Biology in Health and Disease 2017,* Gainesville, Florida.
8. Hosokawa, Y., Zinn, JR., Wright, S., Leduc, M., Howard, E., Casa, DJ., Stearns, RL., Huggins, RA., Adams, WM., Jardine, J., Davis, RJ., Armstrong, LE., Vingren, J., **Luk, HY.**, Levitt, D., Ganio, MS., McDermott, BP., Williamson, K., McKenzie, AL., Munoz, CX., Kunces, LJ., and Lee, EC. LPS-induced TLR4 activation during prolonged running and cycling events in hot and humid environments. *Experimental Biology 2017*, Chicago, IL.
9. Levitt, DE., **Luk, HY.**, Rojas, S., Duplanty, AA., Hill, DW., McFarlin, BK., and Vingren, JL. Acute post-resistance exercise alcohol consumption does not alter muscular performance recovery in women. *The National Strength and Conditioning Association’s National Conference 2016,* Las Vegas, NV.
10. **Luk, HY**., Levitt, D., McFarlin, BK., Vingren, JL. Using Image-Based Flow Cytometry to monitor and track satellite cells *in vitro*. *Congress of the International Society for Advancement of Cytometry: Cyto, 2016,* Seattle, WA.
11. Levitt, DE., Duplanty, AA., **Luk, HY**., Budnar, Jr., RG., Fernandez, A., Hill, DW., McFarlin, BK., and Vingren, JL. (July 2016). Effect of acute alcohol ingestion on resistance exercise induced mTOR signaling in men. *The National Strength and Conditioning Association’s National Conference* 2016*,* New Orleans, LA.
12. Vingren, JL., Duplanty, AA., Budnar, Jr., RG, Levitt, DE., **Luk, HY**., Fernandez, A., McFarlin, BK., and Hill, DW. (July 2016). Effect of ethanol ingestion on the androgen receptor response to heavy resistance exercise. *The National Strength and Conditioning Association’s National Conference 2016*, New Orleans, LA.
13. **Luk, HY.,** Duplanty, AA., Budnar, RG., Levitt, DE., Fernandez, A., McFarlin, BK., Hill, DW., Vingren, JL.Glucocorticoid receptor content after heavy squat exercise is not affected by acute ethanol consumption. *The National Strength and Conditioning Association’s National Conference 2016*, New Orleans, LA.
14. Cartas, KP., Levitt, DE., **Luk, HY.**, McFarlin, BK., Armstrong, LE., Hill, DW., Kupchak, BR., McKenzie, AL., Williamson, KH., Kunces, LJ., Munoz, CX., Lee, EC., & Vingren JL.  Ibuprofen does not affect changes in leukocyte subsets in response to ultra-endurance cycling in the heat. *The National Strength and Conditioning Association’s National Conference* 2016, New Orleans, LA.
15. South, ME, Levitt, DE., **Luk, HY.,** Kupchak, BR., Ganio, M., McDermott, B., Kunces, LJ., Munoz, CX., Lee, EC., Armstrong, LE., McFarlin, BK., Hill, DW., & Vingren JL. The effect of ibuprofen on pro-inflammmatory cytokines in response to ultra-endurance cycling in the heat. *The National Strength and Conditioning Association’s National Conference* 2016, New Orleans, LA.
16. Rojas, S., Levitt, DE., **Luk, HY.**, McKenzie, AL., Ganio, M., McDermott, B., Williamson, KH., Munoz, CX., Lee, EC., Armstrong, LE., McFarlin, BK., Hill, DW., & Vingren JL. Effect of ibuprofen on anti-inflammatory cytokine responses to ultra-endurance cycling in a high temperature environment. *The National Strength and Conditioning Association’s National Conference* 2016, New Orleans, LA.
17. Kunces, LJ., Keenan, J., Munoz, CX., Lee, EC., **Luk, HY.**, Vingren, J., Carlson-Phillips, A. Effects of a multi-vitamin with Relora® on sleep before an endurance cycling event. *Annual meeting of the American College of Sports Medicine 2016,* Boston, MA.
18. Hooper, DR., Secola, PJ., Dulkis, LL., Dupont, W., Saenz, C., Kupchak, BR., Szivak, TK., Comstock, BA., Flanagan, SD., Kalkowski, RJ., Volek, JS., Looney, D., Pryor, JL., **Luk, HY.**, Beauette, T., Thurston, T., Galpin, AJ., Maresh, CM., Brown, LE., Kraemer, WJ. Trans-American travel within NCAA regulations induces jet lag which attenuates sleep quality and athletic performance. *Annual meeting of the American College of Sports Medicine* 2015*,* San Diego, CA.
19. McKenzie, AL., Vingren, JL., Kunces, L., Saenz, C., McDermott, BP., Ganio, MS., **Luk, HY**., Duplanty, A., Budnar, R., Kupchak, BR., Lee, EC., Armstrong, LE. Endogenous antioxidant enzyme response to a 164km cycling event in the heat. *Annual meeting of the American College of Sports Medicine 2015,* San Diego, CA.
20. Levitt, DE, Duplanty, AA, Budnar, RG, **Luk, HY**, Fernandez, A, Layman, TJ, Fancher, DL, McFarlin, BK, Hill, DW, and Vingren, JL. The effect of alcohol consumption after heavy resistance exercise on lipopolysaccharide-stimulated IL-1β, TNF-α, and IL-10. *The National Strength and Conditioning Association’s National Conference* 2015, Orlando, FL.
21. Vingren JL, Budnar RG, Duplanty AA, Levitt DE, **Luk HY.**, Fernandez A, and Hill, DW.. Effect of ethanol ingestion on the acute hormonal response to heavy resistance exercise in women. *The National Strength and Conditioning Association’s National Conference 2015*, Orlando, FL.
22. **Luk, HY**., Levitt, DE., Duplanty, AA., Budnar, RG., Fernandez, A., Layman, TJ., McKenzie, AL., Lee, EC., Armstrong, LE., Hill, DW., McFarlin, BK., Vingren, JL. The TH2 cytokines response to ultra-endurance cycling in hot environment. *The National Strength and Conditioning Association's National Conference 2014*, Las Vegas, NV.
23. Duplanty, AA., Budnar, RG., **Luk, HY.**, Fernandez, A., Levitt, DE., Venable, AS., Hill, DW., DiMarco, NM., McFarlin, BK., Vingren, JL. Engaging in resistance training is associated with greater femoral and spinal bone mineral density in male long distance runners. *The National Strength and Conditioning Association's National Conference 2014*, Las Vegas, NV.
24. Levitt, DE., **Luk, HY.**, Duplanty, AA., Budnar, RG., Fernandez, A., Layman, TJ., Mckenzie, A., Lee, EC., Armstrong, LE., McFarlin, B., Vingren, JL. The pro-inflammatory cytokine response to ultra-endurance cycling in an extreme environment. *The National Strength and Conditioning Association's National Conference 2014*, Las Vegas, NV.
25. Layman, TJ, Duplanty, AA, Budnar, RG, **Luk, HY**, Cregar, CM, Idemudia, NO, Fernandez, A, Levitt, DE, Hill, DW, Vingren, JL. Binge drinking following heavy eccentric resistance exercise: Effect on muscle power recovery in women.  *The National Strength and Conditioning Association's National Conference 2014*, Las Vegas, NV.
26. Fernandez, A, Duplanty, AA, Budnar, RG, **Luk, HY**, Levitt, DE, Layman, TJ, Hill, DW, and Vingren, JL. Exercise intervention on performance measures related to cardiovascular and neuromuscular health in HIV+ women recovering from substance abuse. *The National Strength and Conditioning Association's National Conference 2014*, Las Vegas, NV.
27. **Luk, HY.**, Flanagan, SD., Kupchak, BR., Comstock, BA., Szivak, TK., Hooper, DR., Looney, DP., White, MT., DuPont, WH., Sterczala, AJ., Maladouangdock, J., Vingren, JL., Maresh, CM., Kraemer, WJ. Growth hormone dimer release in untrained men and women after acute resistance exercise. *Annual meeting of the American College of Sports Medicine 2014*, Orlando, FL.
28. Vingren, JL., Duplanty, AA., Budnar, RG., **Luk, HY.**, Fernandez, A., Miller, J., Hill, DW. Effect of combined aerobic and resistance training on HPA axis reactivity in HIV+ women undergoing treatment for substance abuse. *Annual meeting of the American College of Sports Medicine 2014*, Orlando, FL.
29. Budnar, RG., **Luk, HY.**, Duplanty, AA., Fernandez, A., Armstrong, LE., McKenzie AL., Johnson, E. C., Kupchak, BR., Lee, EC., Williamson, K., Vingren, JL. Effects of Long Distance Cycling in a Hot Ambient Temperature on White Blood Cell Count. *Annual meeting of the American College of Sports Medicine 2014*, Orlando, FL.
30. McKenzie AL., Vingren, JL., Kunces, LJ., Saenz, C., McDermott, BP., Ganio, MS., **Luk, HY.**, Duplanty, AA, Budnar, RG., Kupchak, BR., Lee, EC., Armstrong, LE. Endogenous antioxidant enzyme response to a 164km cycling event in the heat. *Annual meeting of the American College of Sports Medicine 2014*, Orlando, FL.
31. Vingren, JL., Adinoff, B., Duplanty, AA., Budnar, RG., **Luk, HY.**, Xiao, H., Hill, DW. Muscle glucocorticoid receptors and long-term alcohol abuse: Preliminary findings. *13th Biennial Advances in Skeletal Muscle Biology in Health and Disease Conference 2014*, Gainesville, FL.
32. Flanagan, SD., **Luk**, **HY.**, Kupchak, BR., Comstock, BA., Szivak, TK., Hooper, DR., Looney, DP., White, MT., DuPont, WH., Sterczala, AJ., Maladouangdock, J., Kraemer, WJ. Untrained men and women demonstrate different growth hormone dimer concentration responses to acute resistance exercise. *New England Chapter of the American College of Sports Medicine Fall Meeting 2013*, Providence, RI.
33. Hooper DR., Szivak TK., Comstock BA., Dunn-Lewis C., Apicella JM., Looney DP., Flanagan SD., Creighton BC., **Luk HY.**, and Kraemer WJ. Effects of Fatigue from Resistance Training on Barbell Back Squat Biomechanics. *National Strength and Conditioning Association, National Conference 2013*, Las Vegas, NV.
34. Comstock BA., Dunn-Lewis C., Hooper DR., Szivak TK., Flanagan SD., Looney DP., Maladouangdock J., DuPont WH., McDermott DM., **Luk HY.**, Staron RS., and Kraemer WJ. Effects of Resistance Exercise on a Novel Growth Hormone Assay Signal in Men. *The National Strength and Conditioning Association, National Conference 2013,* Las Vegas, NV.
35. Kraemer WJ., Flanagan SD., Dunn-Lewis C., Comstock BA., Hooper DR., Szivak TK., Sterczala AJ., Bryce AR., and **Luk HY**. Effect of Ladder Climbing on Regional Anterior Pituitary Immunoreactive Growth Hormone Release in Male Rats. *National Strength and Conditioning Association, National Conference 2013*, Las Vegas, NV.
36. Flanagan SD., Dunn-Lewis C., Comstock BA., Hooper DR., Szivak TK., Looney DP., DuPont WH., Webster ET., Bryce AR., **Luk HY.**, Dombrowski DH., Giacchino CE., McDermott DM., Staron RS., and Kraemer WJ. Effects of Acute Resistance Exercise and Short-Term Training on Bioactive Prolactin Responses in Men. *National Strength and Conditioning Association, National Conference 2013*, Las Vegas, NV.
37. Hooper, DR., Comstock, C., [Dunn-Lewis C](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Dunn-Lewis%20C%22%5BAuthor%5D), **Luk, HY**., Szivak, T., Hydren, JR., Heavens, K., Pandit, AL., Looney, D., Dombrowski, D., Smith, R., Denegar, CR., Kraemer, WJ. Effects of a lower body compression garment on markers of recovery after a heavy resistance workout in women. *National Strength and Conditioning Association’s National Conference 2012*, Providence, RI.
38. Comstock, C., Hooper, DR., [Dunn-Lewis C](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Dunn-Lewis%20C%22%5BAuthor%5D), **Luk, HY**., Szivak, T., Hydren, JR., Heavens, K., Pandit, AL., Looney, D., Dombrowski, D., Smith, R., Denegar, CR., Kraemer, WJ. Effects of a lower body compression garment on markers of recovery after a heavy resistance workout in men. *National Strength and Conditioning Association’s National Conference 2102*, Providence, RI.
39. **Luk, HY.,** Thompson, BA., Winter, C., and O’Neill, E. Springfield College, Springfield, MA. Comparison of Muscle Strength Imbalance in Bilateral and Unilateral Predominant Contraction Sports. *New England Chapter of the American College and Sports Medicine Fall Meeting 2011*, Providence, RI.
40. Creighton, BC., Kupchak, B., Aristizabal, J., **Luk, HY.,** Hooper, DR., Looney, DP., Volek, J., Maresh, CM., Kraemer, WJ. The influence of resistance training on primary hemostatic responses. *New England Chapter of the American College and Sports Medicine Fall Meeting 2011,* Providence, RI.
41. Comstock, C., Kelly, NA., Creighton, BC., Szivak, TK., Pandit, AL., **Luk, HY.**, Dombrowski, D., Volek, J., Maresh, CM., Kraemer, WJ. The effect of total volume performed during acute heavy resistance exercise on circulating lymphocytes in untrained men. *New England Chapter of the American College of and Sports Medicine Fall Meeting 2011*, Providence, RI.
42. **Luk, HY.**, Participation Motivation based on experience and gender in Hong Kong Rugby. NASPE Undergraduate Research Session /*Association of the American Alliance for Health, Physical, Education, Recreation and Dance National Convention 2011*, San Diego, CA.

**CURRENT RESAERCH PROJECTS IN PROGRESS**

Satellite cells and hormonal response

Alcohol and mTOR

## TEACHING

Lecturer, Fall 2018

KIN 3305-001 Exercise Physiology I

Texas Tech University, Lubbock, TX

Responsibilities: Independently teaching and assessing (designing and grading exams) this course.

Lecturer, Fall 2017

KINE/BIOL 3080 Exercise Physiology

University of North Texas, Denton, TX

Responsibilities: Independently teaching and assessing (designing and grading exams) three course topics on Neuromuscular Physiology, Cardiovascular Physiology, and Respiratory Physiology of Exercise.

Substitute Lecturer, Summer 2016

KINE 3080 Exercise Physiology

University of North Texas, Denton, TX

Responsibilities: Independently teaching and assessing (designing and grading exams) on Neuromuscular Physiology of Exercise.

Substitute Lecturer, Summer 2016

KINE 4320 Testing and Prescription

University of North Texas, Denton, TX

Responsibilities: Independently teaching and assessing (designing and grading exams) two course topics on Endocrine Responses to Resistance Exercise and One Repetition- maximum Testing.

Guest Speaker, Fall 2016

KINE 5301 Physiology of Exercise

University of North Texas, Denton, TX

Topic: Endocrine Responses to Resistance Exercise

**ACADEMIC SERVICE – JOURNAL REVIEW**

Reviewer- Journal of Strength and Conditioning Research,2011-2017

Reviewer- International Journal of Exercise Science, 2013-2016

**HONORS AND AWARDS­**

1. Robert B. Toulouse Fellowship, 2013 – 2018

University of North Texas

Description: This is the most prestigious fellowship at University of North Texas and is only awarded to approximately 8 students each year.

1. Manuscript Award, 2018

American College of Sports Medicine Texas Chapter

Description: Up to four students were recognized as manuscript award recipients based on the evaluation by a committee of TACSM faculty members.

1. Minority Scholarship, 2016

National Strength and Conditioning Association

Description: It is a nationwide scholarship to encourage minority to enter the field of Strength and Conditioning.

1. Irma Caton Scholarship, 2016

University of North Texas

Description: It is a scholarship for outstanding graduate student within the Department of Kinesiology, Health Promotion, and Recreation.

1. Marrow’s Family Scholarship, 2016

University of North Texas

Description: It is a scholarship for outstanding graduate student within the Department of Kinesiology, Health Promotion, and Recreation.

1. Women’s Scholarships, 2015

National Strength and Conditioning Association

Description: It is a nationwide scholarship to encourage women to enter the field of Strength and Conditioning.

1. Delta Psi Kappa Scholarship, 2015

University of North Texas

Description: It is a scholarship for outstanding graduate student within the Department of Kinesiology, Health Promotion, and Recreation.

1. The Irma Caton Scholarship, 2015

University of North Texas

Description: It is a scholarship for outstanding graduate student within the Department of Kinesiology, Health Promotion, and Recreation.

1. Manuscript Award, 2014

American College of Sports Medicine Texas Chapter

Description: Up to four students were recognized as manuscript award recipients based on the evaluation by a committee of TACSM faculty members.

1. Outstanding Master’s Student Scholarship, 2013

University of Connecticut

Description: It is a scholarship for outstanding graduate student within the Department of Kinesiology.

1. Undergraduate Student Investigator Award, 2011

American Alliance for Health, Physical Education, Recreation and Dance - Eastern District Association

Description: One of the students was recognized as the award recipient based on the evaluation on the presentation of the undergraduate research by the committee of Eastern District Association members

1. Hong Kong Rugby Football Union Scholarship, 2003-2005

Hong Kong Rugby Football Union

Description: Scholarship was given to potential youth rugby player.

1. Women’s Development Player of the Year, 2004-2005

Hong Kong Rugby Football Union

Description: This award was given to the best rugby player.

**CERTIFICATIONS**

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

Badminton School Coach Certificate – Hong Kong Badminton Association Ltd.

Rugby Level 1 Coaching Course Certificate of Attendance – International Rugby Board

Physical Fitness Foundation Certification Course – Physical Fitness Association of Hong Kong, China

**PROFESSIONAL MEMBERSHIPS**

American College of Sports Medicine

American College of Sports Medicine, Texas Chapter

American Physiology Society

National Strength and Conditioning Association

# ADDITIONAL PROFESSIONAL EXPERIENCE

Strength and Conditioning Coach (Internship), 2009-2010

Springfield College, Springfield, MA

Responsibilities: Assisted Strength and Conditioning coach in teaching, and implementing comprehensive strength and conditioning programs; cleaned and maintained the facility and equipment.

Library Technician, 2009-2011

Springfield College Library, Springfield College, MA

Responsibility: Assisted with interlibrary loan process.

Tutor (After-class program), 2008

Education Plus Center, Hong Kong

Responsibilities: Reviewed class materials; monitored students’ homework progress.

Program Coordinator (Internship), 2007

Hong Kong Rugby Football Union, Hong Kong

Responsibilities: Managed and responded to project related email; managed and organized University representative team tryout; requested or acquired training equipment or supplies necessary for the rugby practice; organized, coordinated and managed a tournament in GuangZhou, China.

Rugby Coach, 2006-2007

Hong Kong Baptist University, Hong Kong

Responsibilities: Prepared practice plan; provided a safe physical environment; taught the rules of rugby; directed players in competition.

Badminton Coach, 2007

Ying Chi Center, Hong Kong

Responsibilities: Prepared practice plan; provided a safe physical environment; taught the rules of badminton.