



Yasuki Sekiguchi, PhD, FASCM, CPSS, CSCS



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Education

Doctor of Philosophy (PhD) in Exercise Science **May 2020**

University of Connecticut, College of Agriculture, Health, and Natural Resources,
 Department of Kinesiology, Storrs, CT, USA
 Korey Stringer Institute with Dr. Douglas J. Casa
 Dissertation: The Practical Application of Heat Acclimatization Induction and Intermittent Exercise-Heat Exposures in Endurance Athletes

Master of Science (MS) in Exercise Science, Kinesiology **May 2016**

University of Arkansas, College of and Health Professions, Fayetteville, AR, USA
 Hydration Science Laboratory with Dr. Stavros A. Kavouras
 Master Thesis: The Effect of Fluid Balance on Exercise Performance in the Heat

Bachelor of Science (BS) in Exercise Science **March 2014**

Kobe University, Department of Human Development, Kobe, JAPAN
 Exercise Prescription Laboratory with Dr. Kazufumi Hirakawa
 Graduation Thesis: The Effect of Passive Body Heating on the Endurance and Intermittent Performance and the Muscle Fatigue

Positions and Employment

Assistant Professor, Director of Sports Performance Laboratory **August 2021-Present**
Department of Kinesiology and Sport Management, Texas Tech University

Post-doctoral fellow Research Associate **May 2020-August 2021**

Human Performance Lab, Department of Kinesiology, University of Connecticut

- Research responsibilities: grant submission, administrative (budget, Institutional Review Board, Sponsored Programs), procedure planning, daily study management, mentoring undergraduate and master students, analysis, and result dissemination.
- Teaching responsibilities: planning course materials, creating syllabubs, providing lectures (in person and online), mentoring students, and grading assignments and tests.
- Athlete Testing and Training consulting: Heat acclimation, training load and recovery monitoring, hydration status, VO_{2max} , lactate threshold, heat tolerance, substrate utilization, and whole-body electrolyte balance testing.
- Undergraduate and graduate students mentoring.

Director of Athlete Performance and Safety **May 2016-May 2020**

Korey Stringer Institute, Department of Kinesiology, University of Connecticut

- Research responsibilities: administrative (budget, Institutional Review Board, Sponsored Programs), procedure planning, daily study management, mentoring undergraduate and master students, analysis, and result dissemination.

- Teaching responsibilities: planning course materials, creating syllabubs, providing lectures (in person and online), mentoring students, and grading assignments and tests.
- Athlete Testing and Training consulting: heat acclimation, training load and recovery monitoring, hydration status, VO_{2max} , lactate threshold, heat tolerance, substrate utilization, and whole-body electrolyte balance testing.
- Undergraduate and graduate students mentoring.

Professional Research Experience

Assistant Professor, Director of Sports Performance Lab, Department of Kinesiology and Sport Management, Texas Tech University, August 2021-Present

- Exploring Passive Heat Stress as a Recovery Modality: Impact on Cellular, Physiological, Perceptual and Performance Measures following Fatiguing Exercise (PI), 2025-Present
- Investigating the Change of Neuromuscular Performance in Track and Field Athletes (PI), 2025-Present
- Development and Validation of Rapid Contactless Core Body Temperature Measurement Capability (PI), 2025-Present
- The effect of Short-term, Circuit Training in the Heat on Exercise Performance (PI), 2025-Present.
- Characterizing Athletic Demands in Sports (PI), 2024-Present.
- The Effect of Hydration Status on Neuromuscular Performance Before and After Intermittent Exercise in the Heat (PI), 2024-Present.
- Assessing Blood Volume Change from Dehydration and Rehydration by Hemocept Device (PI), 2024-Present.
- Sex Differences in Cool Temperature Running Performance and Physiological Adaptations Induced by Heat Acclimation (PI), 2023-Present.
- Monitoring Hydration Status and Training Load in Ice Hockey Players during the Game (PI), 2023.
- Assess Accuracy of Hydration Status Measured HemoCept Device Compared to Urine, Blood, and Body Mass Markers to Measure Fluid Balance in Real-Time During Dehydration and Rehydration (PI), 2023.
- Assess Correlation Between Hydration Status Measured by Standard Procedures and HemoCept Device to Measure Fluid Balance in Real-Time (PI), 2023.
- Optimizing Customized, Precision Heat Acclimation Protocols to Enhance Performance and Readiness of Female Warfighters Resiliency to Consecutive Days of Intense Exercise in the Heat (Key Personnel), 2023-2026.
- The Effect of Muscle Damage on Heat Stress during Exercise. (PI), 2023.
- The Effect of Acute Dehydration on Resistance Exercise-Induced mTORC1 Signaling in Young Men (Co-PI), 2022.
- Effect of Dietary Water Intake on Cognitive Function and Skeletal Muscle Health Across the Life Span (Co-PI), 2022.

- Training, Recovery, Hydration, and Heat Response Monitoring in Male Professional Soccer Players (PI), 2022-2024.
- Enhancing Lethality by Targeting Cognitive and Physiological Mechanisms of Female Warfighter Resiliency to Consecutive Days of Intense Exercise in the Heat (Key personnel), 2021-2024.
- Developing a Practical Method to Assess Hydration Status in Free Living vs. Controlled Situation, and in the Morning vs. in the Afternoon (PI), 2022.
- The Effects of Urine Storage on the Accuracy of Hydration Measurement (PI), 2022.
- Comparison of PPG In-Ear Wearable Device During Rest and Exercise to Chest Strap Heart Rate Monitor and Blood Pressure Measurements (Co-PI), 2021-2022.
- The Impact of Thirst on Exercise Performance in the Heat (PI), 2021-2022.

Post-Doctoral Fellow Research Associate, Human Performance Lab, Department of Kinesiology, University of Connecticut, May 2020-August 2021

- Human Biomarkers of Stress Exposure and Adaptation, Characterize Genome-Wide Transcriptional Responses to Stress in Humans and *C. Elegans*.
- The Effect of CamelBak Running Vest Garment Material and Design During Exercise in the Heat (Project Leader), 2021.
- Effects of Running Shoe Deterioration on Running Kinetics and Kinematics (Project Leader), 2021.

Director of Athlete Performance and Safety, Korey Stringer Institute, Department of Kinesiology, University of Connecticut, May 2016-May 2020

- The Practical Application of Heat Acclimatization Induction and Intermittent Exercise-Heat Exposures in Endurance Athletes (Project Leader), 2019-2020
 - *Purpose 1:* To determine the effectiveness of heat acclimation and intermittent exercise-heat exposure on 4km time trial performance.
 - *Purpose 2:* To determine if a field test measuring physiological adaptations can predict physiological adaptations measured by a lab test result following heat acclimatization.
 - *Purpose 3:* To determine the difference in metabolic heat production throughout heat acclimation and intermittent exercise-heat exposure.
- Hydration App Health Outcome (Project Leader), 2019
 - *Purpose:* To assess the effectiveness of improving hydration state with the utilization of a smart phone application for 50 male and female individuals over twenty-four days.
- CamelBak Team Sport Cooling (Project Manager), 2019
 - *Purpose:* Determine the physiological and perceptual responses and performance during and following intermittent exercise in the heat in varying hydration states and with and without the use of ice-water dousing.
- National Collegiate Athletic Association Soccer Periodization Study (Project Manager), 2016-2018
 - *Purpose:* To determine the effect of current structure of the NCAA soccer season on injury rates and player's wellness.

- Created detailed report of the findings that was presented to the NCAA.
- Managed athlete monitoring with wearable devices at multiple (12 total) NCAA university research sites for both NCAA men's and women's soccer.

- **Assessment of Recovery and Sleep Quality on Subsequent Performance in Division I Men's Soccer and Women's Cross-Country using WHOOP Technologies (Project Manager), 2016**
 - *Purpose:* To determine training load, sleep, wellness, and physiological measures throughout a NCAA competitive season.

- **Polar Global Positioning System and Heart Rate Validation and Reliability Study (Project Assistant), 2016**
 - *Purpose:* To assess the reliability and validity of the Polar Team Pro shirt against gold-standard measures during linear and field-sport like movements.

- **Effectiveness of Pre-Race Education and Gastrointestinal Temperature Feedback in Attenuating the Risk of Exertional Heat Illness in Runners (Project assistant), 2016-2019**
 - *Purpose:* To monitor runner's hydration status and thermoregulatory responses before, during, and after the road race.

- **Thirst and Related Biomarkers during Daily Activities (Project Manager), 2017**
 - *Purpose:* To examine hydration status, biomarkers, physical performance, sleep, cognitive performance, and perceptions during fluid restrictions and rehydration period in free living people.

- **Wrist Cooling Influence on Performance, Cognition and Recovery (Project Assistant), 2017**
 - *Purpose:* To examine the effect of wrist cooling device on performance, cognition, and recovery.

- **Monitoring Hydration and Sweat Concentration Using GE Novel Wearable Technologies (Project Assistant), 2016**
 - *Purpose:* To investigate the feasibility of non-invasive prototype technology in determining hydration status and sweat electrolyte concentration.

Hydration Science Lab, University of Arkansas, January 2015-May 2016

- **Effect of Mode of Fluid Ingestion on Cycling Performance (Project Manager)**
 - *Purpose:* To examine the effect of dehydration on exercise performance and thermoregulation during exercise in the heat independently of thirst

Exercise Prescription Lab, Kobe University, Japan, April 2012-March 2014

- **Effect of Passive Body Heating on Aerobic and Anaerobic Performance and Recovery (Project leader)**
 - *Purpose:* To examine the effects of passive body heating on aerobic and intermittent exercise performance and recovery following exercise

Professional Athlete Sport Science Consulting and Coaching Experience

- **Japanese Soccer Men's National and Olympic Teams Sports Science Advisor, 2024-Present**
- **Texas Tech University, Athletics Department, Sport Science Advisor, 2023-Present**
- **Texas Tech University Men's Basketball, Sport Science Advisor, 2023-Present**
- **Lubbock Matadors, Sport Scientist, 2022-2024**
- **U.S Soccer Women National Team Heat Acclimation, 2021**
 - Created heat acclimation programs for USWNT to prepare for Tokyo Olympic 2020.
 - Trained USWNT players with heat acclimation.

- Performed whole body wash down testing to USWNT player to provide information of sweat and electrolyte loss during exercise.
 - **Stella and Chewys Triathlon Team, Sport Scientist, 2020-2022**
 - Planning training, heat, and hydration strategy for Triathlon World Championship
 - Advising professional and amateur endurance athletes
 - **University of Connecticut, Korey Stringer Institute, Director of Athlete Performance and Safety, 2016-2020**
 - Collegiate and Professional Athlete Consultant
 - VO_{2max} , lactate threshold, heat tolerance, substrate utilization, and whole-body electrolyte balance testing and heat acclimation training.
 - Created and applied results from physiological tests with athletes.
 - Heat Acclimation Training with the University of Connecticut Women's Cross-Country Team
 - 2017 American Athletic Conference Champions.
 - **University of Connecticut, Athletic Department, Sport Scientist, Strength and Conditioning Staff, 2016-2017**
 - Trained competitive NCAA Division 1 soccer athletes.
 - Performed training load, physical and mental condition, and hydration status monitoring.
 - Tested physical performance and ability.
 - **University of Arkansas Track and Field Team, Training Support Staff, 2014-2016**
 - Supported strength and conditioning and track and field training sessions in world class competitive track and field team.
 - 2016 Outdoor and Indoor Track and Field SEC Champions.
 - **Yamaha Professional Rugby Football Team, Strength and Conditioning Internship, Japan, 2015 Winter**
 - Trained professional rugby football player.
 - Assisted with monitoring training loads with global positioning system.
 - **National Strength and Conditioning Association, NSCA Strength and Conditioning Internship, 2015 Summer**
 - Programmed strength and conditioning training and coached elite and youth athletes.
 - Maintained sport facilities.
 - **Junior Sport Academy, Training Assistant Coach, Japan, 2012-2014**
 - Programmed and coached strength and conditioning training for junior elite athletes
 - Monitored physical abilities such as aerobic, anaerobic, speed, power, and ability
 - Supervised and mentored athlete related to body weight, sleep, nutrition, and sport activity
- Ibaraki High School Athletic Team, Volunteer Coach, Japan, 2011-2013**
- Programmed and coached strength and conditioning training and track and field training for high school athletes

Refereed Manuscripts

58. Bowie JS, Szymanski MR, Struder JF, Filep EM, Morrissey-Basler MC, Brewer GJ, Thornton SN, Mahoney KJ, **Sekiguchi Y**, Kwon OS, Ki H. Chon KH, Casa DJ, Lee EC. Heat Tolerance Classification Criteria Require Population-Specific Thresholds for Accurate Assessment of Acclimation State (2026). *Physiological Reports* [accepted]

57. Elliott KB, Keefe MS, Dunn RA, Palmer TB, Lepley AS. Sekiguchi Y. Hypohydration Decreases Neuromuscular Performance Prior to and Following Intermittent Exercise in the Heat (2025). *Medicine & Science in Sports & Exercise* [accepted]

56. Wardenaar FC, Burns SF, Campos M, Chan Y, Claassen-Smithers A, Dunshea-Mooij C, Haddou SE, Hoogervorst D, Jagim A, Reinaldo P, Garcia, Garthe I, Nugent AP, Aly MO, Saunders B, Schott KD,

Sekiguchi Y, Slater G, Speers N, Aussieker T. Navigating the Risks Beyond the Label: Unpacking Global Nutritional Supplement Safety (2025). *International Journal of Sport Nutrition & Exercise Metabolism* [epub ahead of print].

55. Keefe MS, Levitt DE, Vellers HL, Benjamin CL, **Sekiguchi Y**. Mitochondrial Adaptations from Heat Acclimation – A Narrative Review. *Journal* (2025). *Journal of Thermal Biology*. 133: 104283: 1-11.

54. Wardenaar FC, Aussieker T, Dolan E, Campos CF, Kavouras SA, Ormsbee M, Rawson E, Saunders B, Schott K, **Sekiguchi Y**, Burke LM. Summary of the 2025 PINES "10 questions / 10 experts" session – Can normal foods replace some ergogenic supplements and commercially available sports foods? (2025) *International Journal of Sport Nutrition & Exercise Metabolism*. 36(1): 52-61.

53. **Sekiguchi Y**, Jiwan NC, Appell CR, Moya RM, Ky AT, Keefe MS, Dunn RA, Luk HY. Impact of Hydration Status on Sleep and Recovery After Heavy Resistance Exercise (2025). *Journal of Strength and Conditioning Research*. 39 (12): 1278-1283.

52. Luk HY, Jiwan NC, Appell CR, Vellers HL, Levitt DE, **Sekiguchi Y**. Passive Dehydration Increases Oxidative Stress and mTOR Signaling Pathway Activation in Young Men Following Resistance Exercise (2025). *The Journal of Physiology*. 603 (12):3351-3570.

51. Ky AT, Dunn RA, Keefe MS, **Sekiguchi Y**. Thirst Modulates Parasympathetic Recovery: Comparing Oral and Intravenous Rehydration (2025). *Physiologia*. 5(16): 1-9.

50. **Sekiguchi Y**, Adams WM, Hosokawa Y, Benjamin CL, Stearns RL, Huggins RA, Casa DJ. Customizing Individual Heat Mitigation Strategies to Optimize Performance in Elite Athletes (2025). *Frontiers in Physiology*. 16:1-16.

49. Ky AT, Giersch GEW, **Sekiguchi Y***, Dunn L, Casa DJ, Armstrong LE, Lee EC. Mild Dehydration by 24h Fluid Restriction Led to Difficulty Falling Sleeping and Increased Sleep Duration (2025). *SN Comprehensive Clinical Medicine*. 7(16): 1-7.

48. Armstrong LE, Stearns RL, Huggins RA, **Sekiguchi Y**, Mershon AJ, Casa DJ. Reference Values for Hydration Biomarkers: Optimizing Athletic Performance and Recovery (2025). *Open Access Journal of Sports Medicine*. 16:31-50.

47. Keefe MS, Luk HY, Rolloque JJS, Jiwan NC, **Sekiguchi Y**. Hydration Assessment in Males and Females using the WUT (Weight, Urine Color, and Thirst) Venn Diagram compared to Blood and Urinary Indices (2025). *Nutrient*. 14; 17 (4), 689:1-10.

46. Appell CR, Jiwan NC, **Sekiguchi Y**, Luk HY. Passive Dehydration Reduces Muscle Thickness After Resistance Exercise (2025). *Journal of Sports Sciences*. 43 (4), 336: 336-347.

45. Dunn RA, Tinsley GM, Palmer TB, Benjamin CL, **Sekiguchi Y**. The Efficacy of Nutritional Strategies and Ergogenic Aids on Acute Responses and Chronic Adaptations to Exertional-Heat Exposure: A Narrative Review (2024). *Nutrient*. 5; 16 (22), 3792:1-25.

44. Keefe MS, Benjamin CL, Casa DJ, **Sekiguchi Y**. Importance of Electrolytes on Exercise Performance and Assessment Methodology after Heat Training: A Narrative Review (2024). *Applied Sciences*. 14 (22), 10103: 1-12.

43. Elliott KB, Keefe MS, Rolloque JJS, Jiwan NC, Dunn RA, Luk HY, **Sekiguchi Y**. Relationships between Morning Thirst and Later Hydration Status and Total Water Intake (2024). *Nutrient*. 16 (18), 3212: 1-10.
42. Dunn RA, Luk HY, Appell CR, Jiwan NC, Keefe MS, Rolloque JJS, **Sekiguchi Y**. Eccentric muscle-damaging exercise in the heat lowers cellular stress prior to and immediately following future exertional-heat exposure (2024). *Cell Stress and Chaperones*. 29 (3):472-482.
41. Dunn RA, Fry LA, **Sekiguchi Y***, Benjamin CL, Manning CN, Higgins RA, Stearns RL, Casa DJ. The Effects of Heat Acclimatization, Heat Acclimation, and Intermittent Heat Training on Maximal Oxygen Update (2024). *Sports Health*. 27(2): 305-311.
40. Keefe MS, Luk HY, Rolloque JJS, **Sekiguchi Y**. The WUT (Weight, Urine Color, and Thirst) Venn Diagram Accurately Assesses Hydration Status in Males and Females (2024). *British Journal of Nutrition*. 14; 131(7): 1181-1188.
39. **Sekiguchi Y**, Hosokawa Y, Dadzie E, Lopez III V, Bivona JJ, Thornton SN, Jardine JF, Casa DJ, Elaine C. Lee EC. Change in Interleukin (IL)-6, 8, and 10 and its Association with an Increase in Core Temperature following a 7-mile Running Race in the Warm Weather (2024). *Research in Sports Medicine*. 33 (1): 107-116.
38. Mahoney KJ, Bowie JS, Ford AE, Perera N, **Sekiguchi Y**, Fothergill DM, Lee EC. Plasma Proteomics-Based Discovery of Mechanistic Biomarkers of Hyperbaric Stress and Pulmonary Oxygen Toxicity (2023). *Metabolites*. 13 (9), 970:1-15.
37. Zinn JR, **Sekiguchi Y**, Vingren JL, Luk HY, Wright SS, Munoz CX, McKenxie AL, Ganio MS, McDermott BP, Armstrong LE, Williamson K, JJ Bivona JJ, Lee EC. LPS-induced TLR4 Activation during a 164 km and 100 km Cycling Event in a Hot and Humid Environment (2023). *Asian Exercise and Sport Science Journal*. 7(1): 72-80.
36. Siedler MR, De Souza MJ, Albracht-Schulte K, **Sekiguchi Y**, Tinsley GM. The Influence of Energy Balance and Availability on Resting Metabolic Rate: Implications for Assessment and Future Research Directions (2023). *Sports Medicine*. 53 (8):1507-1526.
35. Wohlgemuth KJ, **Sekiguchi Y**, Mota JA. Overexertion and Heat Stress in the Fire Service: A New Conceptual Framework (2023). *American Journal of Industrial Medicine*. 66 (8): 705-709.
34. Jiwan NC, Luk HY, Appell CR, Keefe MS, Dunn RA, **Sekiguchi Y**. The Effect of Refrigeration with Moisture on Urine Hydration Markers Stability (2023). *International Urology and Nephrology*. 55(6): 1413-1419.
33. Manning CN, Benjamin CL, **Sekiguchi Y**, Butler CR, Szymanski MR, Stearns RL, Armstrong LE, Lee EC, Casa DJ. Environmental Stress Symptoms during Heat Acclimatization, Heat Acclimation, and Intermittent Heat Training (2023). *Int. J. Environ. Res. Public Health*. 20 (4), 3219:1-12.
32. Manning CN, Morrissey MC, Langan SP, Stearns RL, Huggins RA, Curtis RM, **Sekiguchi Y**, Laxminarayan S, Reifman J, Casa DJ. Fluid Replacement Strategies and Heart Rate Variability Recovery following Prolonged Exercise in the Heat and Mild Dehydration (2023). *Physioogia*. 3 (1):98-112.

31. **Sekiguchi Y**, Martin DG, Yoshihara A, Casa DJ. Comparison between Digital and Paper Urine Color to Assess Hydration Status (2023). *European Journal of Nutrition*. 62 (4): 1915-1919.
30. Manning CN, **Sekiguchi Y**, Benjamin CL, Spaulding MR, Dierickx EE, Spaulding JM, Davenport DM, Picard-Busky JR, Chiampas GT, Nassis GP, Casa DJ. Deconstructing Stereotypes: Stature, Match-playing Time, and Performance in Elite Women's World Cup Soccer (2022). *Frontiers in Sports and Active Living, section Elite Sports and Performance Enhancement*. 4:1-9.
29. **Sekiguchi Y**, Benjamin CL, Manning CN, Butler CR, Szymanski MR, Filep EM, Stearns RL, Distefano LJ, Lee EC, Casa DJ. Using Predictive Modeling Technique to Assess Core Temperature Adaptations from Heart Rate, Sweat Rate, and Thermal Sensation in Heat Acclimatization and Heat Acclimation (2022). *Int. J. Environ. Res. Public Health*. 19, 13009: 1-9.
28. **Sekiguchi Y**, Dempsey DM, Stearns RL, Hashiwaki J, Huggins RA, Kunces LJ, Pryor LJ, Pryor RR, Volk BM, Bartley JM, Casa DJ. The Effects of Energy Intake on Upper Respiratory Symptoms in Ultra-Endurance Triathletes (2022). *Journal of Human Performance in Extreme Environments*. 17 (1): 1-8.
27. **Sekiguchi Y**, Giersch GEW, Jordan DR, Dunn L, Fiol A, Lopez V, Armstrong LE, Casa DJ, Lee EC. Countermovement Jump, Handgrip, and Balance Performance Change during Euhydration, Mild-Dehydration, Rehydration, and Ad Libitum Drinking (2022). *Journal of Exercise Science & Fitness*. 20:335-339.
26. **Sekiguchi Y**, Benjamin CL, Lee EC, Struder JF, Manning CN, Morrissey MC, Szymanski MR, Stearns RL, Armstrong LE, Casa DJ. Effects of Heat Acclimatization Following Heat Acclimation on Whole Body Heat Exchange in Trained Endurance Athletes (2022). *Int. J. Environ. Res. Public Health*. 19, 6412: 1-11.
25. Benjamin CL, **Sekiguchi Y**, Armstrong, LE, Manning CN, Struder JF, Butler CR, Huggins RA, Stearns RL, Lee EC, Casa DJ. The Efficacy of Weekly and Bi-weekly Heat Training to Maintain the Physiological Benefits of Heat Acclimation (2022). *Journal of Science and Medicine in Sport*. 25(3)255-260.
24. **Sekiguchi Y**, Benjamin CL, Butler CR, Morrissey MC, Filep EM, Stearns RL, EC Lee, Casa DJ. Relationships Between WUT (Body Weight, Urine Color, and Thirst Level) Criteria and Urine Indices of Hydration Status (2022). *Sports Health*. 14(4):556-574.
23. **Sekiguchi Y**, Benjamin CL, Manning CN, Struder JF, Armstrong LE, Lee EC, Huggins RA, Stearns RL, Distefano LJ, Casa DJ. Effects of Heat Acclimatization, Heat Acclimation and Intermittent Exercise Heat Training on Time Trial Performance in the Heat (2022). *Sports Health*. 14(5):694-701.
22. **Sekiguchi Y**, Benjamin CL, Dion SO, Manning CN, Struder JF, Dierickx EE, Morrissey MC, Erica M. Filep EM, Casa DJ. Changes in Hydration Factors Over the Course of Heat Acclimation in Endurance Athletes (2021). *International Journal of Sport Nutrition & Exercise Metabolism*. 31:406-411.
21. Yoshihara A, Dierickx EE, Brewer GJ, **Sekiguchi Y**, Stearns RL, PhD, Casa DJ. Effects of Facemask Use on Objective and Subjective Measures of Thermoregulation during Exercise in the Heat (2021). *Sports Health*. 13(5): 463-470.
20. Benjamin CL, **Sekiguchi Y**, Morrissey MC, Butler RB, Filep EM, Stearns RL, Casa DJ. The Effects of Hydration Status and Ice Water Dousing on Physiological and Performance Indices During Intermittent Exercise in the Heat (2021). *Journal of Science and Medicine in Sports*. 24 (8):723-728.

19. Szymanski MR, Giersch GEW, Morrissey MC, Benjamin CL, **Sekiguchi Y**, Manning CN, Stearns RL, Casa DJ. Availability of a Flavored Beverage and Impact on Children's Hydration Status, Sleep and Mood (2021). *Nutrients*. 13 (6): 1757: 1-10.
18. Curtis RM, Huggins RA, Benjamin CL, **Sekiguchi Y**, Lepley LK, Heudo-Medina TB, Casa DJ. Factors Associated with Non-Contact Injury in Collegiate Soccer: A 12-team Prospective Study of NCAA Division I Men's and Women's Soccer (2021). *The American Journal of Sports Medicine*. 49 (11):3076-3087.
17. Benjamin CL, **Sekiguchi Y**, Struder JF, Szymanski MR, Manning CN, Grundstein AJ, Lee EC, Huggins RA, Armstrong LE, Casa DJ. Heat Acclimation Following Heat Acclimatization Elicits Additional Physiological Improvements in Male Endurance Athletes (2021). *Int. J. Environ. Res. Public Health*. 18 (8): 4366 1-12.
16. **Sekiguchi Y**. Curtis RM, Huggins RA, Benjamin CL, Walker AJ, Arent SM, Adams WM, Aderson T, Casa DJ. The Relationships between Perceived Wellness, Sleep, and Acute:Chronic Training Load in NCAA Division I Male Soccer Players (2021). *Journal of Strength and Conditioning Research*. 1;35 (5):1326-1330.
15. Armstrong LE, Giersch GEW, Colburn AT, Lopez V, **Sekiguchi Y**, Munoz CX, Lee EC. Progression of Human Subjective Perceptions during Euhydration, Mild, and Dehydration, and Drinking (2021). *Physiology & Behavior*. 1; 229: 113211: 1-9.
14. **Sekiguchi Y**, Benjamin CL, Giersch GEW, Belval LN, Stearns RL, Casa DJ. Practical Implementation Strategies for Heat Acclimatization and Acclimation Programming to Optimize Performance (2021). *Athletic training and sports health care*. 13 (4): 238-246.
13. Curtis RM, Huggins RA, Benjamin CL, **Sekiguchi Y**, Arent SM, Armwald, BC, Pullara JM, West CA, Casa DJ. Seasonal Accumulated Workloads in Collegiate Men's Soccer: A Comparison of Starters and Reservers (2021). *Journal of Strength and Conditioning Research*. 1;35(11):3184-3189.
12. **Sekiguchi Y**, Huggins RA, Curtis RM, Benjamin CL, Adams WA, Looney DP, West CA, Casa DJ. Relationship Between Heart Rate Variability and Acute:Chronic Load Ratio Throughout a Season in NCAA D1 Men's Soccer Players (2021). *Journal of Strength and Conditioning Research*. 1; 35 (4):1103-1109.
11. Huggins RA, Giersch, GEW, Belval LN, Benjamin CL, Curtis RM, **Sekiguchi Y**, Peltonen J, Casa DJ. The Validity and Reliability of GPS Units for Measuring Distance and Velocity During Linear and Team Sport Simulated Movements (2020). *Journal of Strength and Conditioning Research*. 34 (11): 3070-3077.
10. Benjamin CL, Curtis RM, Huggins RA, **Sekiguchi Y**, Jain RK, McFadden BA, Casa DJ. Sleep Dysfunction and Mood in Collegiate Soccer Athletes (2020). *Sports Health*. 12 (3): 234-240.
9. **Sekiguchi Y**, Filep EM, Benjamin CL, Casa DJ, DiStefano LJ. Does Dehydration Affect the Adaptations of Plasma Volume, Heart Rate, Internal Body Temperature, and Sweat Rate During the Induction Phase of Heat Acclimation (2020). *Journal of Sport Rehabilitation*. 7;29 (6): 847-850.
8. Curtis RM, Huggins RA, Benjamin CL, **Sekiguchi Y**, Adams WM, Arent SM, Jain RK, Miller JS, Walker AJ, Casa DJ. Contextual Factors Influencing External and Internal Training Loads in Collegiate Men's Soccer (2020). *Journal of Strength and Conditioning Research*. 34(2): 374-381.

7. Benjamin CL, Adams WM, Curtis RM, **Sekiguchi Y**, Giersch GEW, Casa DJ. Early Morning training impacts previous night's sleep in NCAA Division I cross country runners (2020). *Women in Sport and Physical Activity Journal*. 28 (1): 27-33.
6. Benjamin CL, **Sekiguchi Y**, Fry LA, Casa, DJ. Performance Changes Following Heat Acclimation: Analysis of a Variety of Performance Test and Factors that Influence Performance-Meta Analysis and Meta Regression (2019). *Frontiers in Physiology*. 27(10): 1448:1-17.
5. **Sekiguchi Y**, Adams WM, Benjamin CL, Curtis RM, Giersch GEW, Casa, DJ. Relationship Between Resting Heart Rate, Heart Rate Variability and Sleep Characteristics Among Female Collegiate Cross-Country Athletes (2019). *Journal of Sleep Research*. 28 (6): 12836: 1-7.
4. **Sekiguchi Y**, Adams WM, Curtis RM, Benjamin CL, Casa DJ. Factors Influencing Hydration Status During a National Collegiate Athletics Association Division 1 Soccer Preseason (2019). *Journal of Science and Medicine in Sport*. 22(6):624-628.
3. Adams JD, **Sekiguchi Y**, Suh HG, Seal AD, Sprong CA, Kirkland TW, and Kavouras SA. Dehydration Impairs Cycling Performance, Independently of Thirst: A Blinded Study (2018). *Medicine & Science in Sports & Exercise*. 50 (8): 1697-1703.
2. **Sekiguchi Y**, Ono T, Hirakawa K. Effect of Active Body Heating by Taking a Bath as a Conditioning Method on Exercise Performance 1st Report: Effects on Endurance Performance and Muscular Fatigue Indices (2017). *Journal of Training Science for Exercise and Sport*. 29(1): 9-15.
1. **Sekiguchi Y**, Ono T, Hirakawa K. Effect of Active Body Heating by Taking a Bath as a Conditioning Method on Exercise Performance 2nd Report: Effect on Intermittent Exercise Performance (2017). *Journal of Training Science for Exercise and Sport*. 29(1): 17-22.

Refereed Abstracts and Presentations

113. Mccollum TB, Brojanac AP, Hollis EA, Rolloque JJA, **Sekiguchi Y**. Position-Specific Insights into Weekly Training Load Variability in Soccer Athletes (2025). *International Journal of Exercise Science*. 2(17): 102.
112. Hernandez MI, Keefe MS, Dunn RA, Moya RM, Elliott KB, **Sekiguchi Y**. Sex Differences in Perceptual Adaptation During Heat Acclimation in Endurance Runners (2025). *International Journal of Exercise Science*. 2(17): 11.
111. Keefe MS, Dunn RA, Elliott KB, Moya RE, **Sekiguchi Y**. Sex-Specific Responses of Heat Acclimation on Running Performance in Cool Environmental Conditions (2025). *International Journal of Exercise Science*. 2(17): 8.
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4. Richman S, **Sekiguchi Y**, Smith C. Tactical Strength and Conditioning: Strategies for Performance Enhancement and Injury Prevention in High-Intensity Environments. *Thermoregulation in Tactical Athletes: Optimizing Performance in Hot and Cold Environments*.
3. **Sekiguchi Y**, Benjamin CL, Casa DJ. NSCA's Essentials of Sport Science. *Environmental Stress*. Human Kinetics, Champaign, IL, USA. (2022)
2. **Sekiguchi Y**, Kavouras SA, Yeargin S, Ng J, Calabrese P. Elite Soccer Players: Maximizing Performance and Safety. *Hydration and Heat Strategies in Soccer*. Routledge: Taylor Francis Group, UK. (2020)
1. Benjamin CL, **Sekiguchi Y**, Mehlhorn JD. Elite Soccer Players: Maximizing Performance and Safety. *Considerations for Variations in Soccer Around the World*. Routledge: Taylor Francis Group, UK. (2020)

Professional Presentations

- **Sekiguchi Y**, Is a digital urine color chart as accurate as a printed urine color chart? Arizona State University Performance Nutrition Webinars (October 2025)
- **Sekiguchi Y**, Practical Considerations in Heat Mitigation Strategies: Customizing the Individualized Approach - Exercise Performance Enhancement with Heat Mitigation Strategies. Symposium. ACSM Annual Meeting Professional Lecture (May 2025)
- **Sekiguchi Y**, B-vitamins and food colorants (e.g., beetroot) influence the accuracy of urine color scoring to determine a low vs. high urine concentration? Professional in Nutrition for Exercise and Sport (PINES) 10 Questions 10 Experts. ACSM Annual Meeting Professional Lecture (May 2025)
- **Sekiguchi Y**, Practical Considerations in Heat Mitigation Strategy to Enhance Exercise Performance. Rocky Mountain ACSM Annual Meeting Professional Lecture (April 2025)
- **Sekiguchi Y**, Training Load and Recovery Monitoring and Its Application. National Strength and Conditioning Association Japan Conference (December 2024)

- **Sekiguchi Y**, Practical Considerations in Heat Mitigation Strategy to Enhance Exercise Performance. Performance & Sports Science Study Group, organized by Orlando Magic Sports Scientist (December 2024)
- **Sekiguchi Y**, Practical Considerations in Heat Mitigation Strategy to Enhance Exercise Performance. University of Connecticut, Department of Kinesiology Lecture (October 2024)
- **Sekiguchi Y**, Practical Considerations in Heat Mitigation Strategy to Enhance Exercise Performance. Texas A&M University Distinguished Lecture Series (September 2024)
- **Sekiguchi Y**, Maximizing Exercise Performance in the Heat by Optimizing Training and Recovery. High Performance Sport Conference, Japan High Performance Sport Center (March 2024)
- **Sekiguchi Y**, Sex Difference in Heat Response and Adaptation, Japan High Performance Sport Center (March 2024)
- **Sekiguchi Y**, Hydration and Wearable technology. Arizona State University Performance Nutrition Webinars (October 2023)
- **Sekiguchi Y**, Hydration and Wearable technology. Sports and Human Performance Symposium (March 2023)
- **Sekiguchi Y**, Practical considerations to improve athlete performance and recovery. Japan Institute of Sports Sciences. (June 2022)
- **Sekiguchi Y**, Heat acclimation and heat acclimatization strategy to improve exercise performance. Waseda university. (June 2022)
- **Sekiguchi Y**, Training and recovery in aerobic exercise. Stella and chewy triathlon team. (February 2022)
- **Sekiguchi Y**, Hydration strategy in aerobic athletes. Stella and chewy triathlon team. (June 2021)
- **Sekiguchi Y**, Benjamin CL. Practical Implementation of Heat Acclimatization. Eastern Athletic Trainers' Association General EBP Lecture. (January 2020)
- **Sekiguchi Y**. Heat and Hydration Strategies to Optimize Performance and Safety. National Strength and Conditioning Association Coaches Conference. (January 2020)

Published Educational Posts

- Dunn RA, Tinsley GM, Palmer TB, Benjamin CL, **Sekiguchi Y**. Nutritional Strategies for Heat Stress Adaptation. *Encyclopedia*. 1648. (2025).
- Justich K, **Sekiguchi Y**. 'Sexy water' is all the rage. Is it good for you?. *Yahoo!life*. (2024)
- Wu JK, **Sekiguchi Y**. You're Probably Drinking Enough Water. *The Atlantic*. (2023)
- **Sekiguchi Y**, Benjamin CL, Casa DJ. NSCA's Essentials of Sport Science. *Environmental Stress*. Human Kinetics, Champaign, IL, USA. Japanese version. (2023)
- **Sekiguchi Y**, Benjamin CL. Preventing Sudden Death in the Heat. National Strength and Conditioning Association Coaching Podcast, National Strength and Conditioning Association. (2019)
- Casa DJ, **Sekiguchi Y**, Benjamin CL. Safety Reminders for Strength and Conditioning Coaches for Training in the Heat. Educational CEU Lecture, National Strength and Conditioning Association. (2019)
- **Sekiguchi Y**, Benjamin CL. NSCA 40th Annual National Conference. Blog Post, Korey Stringer Institute. (2019)
- **Sekiguchi Y**, Belval LN, Hosokawa Y, Stearns RL, Casa DJ. Monitoring Internal Body Temperature. *Gatorade Sports Science Institute Sports Science Exchange*. 29 (192): 1-5. (2019)
- **Sekiguchi Y**. Acknowledged, Casa DJ, Chevront SN, Galloway SD, Shirreffs SM. Fluid Need for Training, Competition, and Recovery, in Track-and-Field Athletes. *International Journal of Sport Nutrition and Exercise Metabolism*. [ePub ahead of print] (2019)
- **Sekiguchi Y**, Benjamin CL, Yuri Hosokawa. Athlete Monitoring, Testing, and Implication of Data. *Training Journal*. (2018 August-2019 June)
- **Sekiguchi Y**. Experiences of internship at NSCA in the US. *National Strength and Conditioning Association Japan Journal*. 22(8): 21-23. (2015)
- **Sekiguchi Y**. KSI Summer 2018 Conferences, Blog Post, Korey Stringer Institute. (2018)

- Sekiguchi Y. 2017 ACSM Annual Meeting Recap, Blog Post, Korey Stringer Institute. (2017)

Lab and Field Testing Skills

- Environmental laboratory data collection
- GPS/accelerometry data collection and software management
- Body composition (hydrostatic weighing and skin caliper)
- Phlebotomy and blood analysis (e.g. hemoglobin, hematocrit, lactate, osmolality)
- Urine analysis (urine color, urine specific gravity, osmolality, electrolytes)
- ELISA analysis
- Internal body temperature measurements (rectal, ingestible, and esophageal thermistor)
- Skin temperature collection and analysis
- Sweat testing (sweat rate and sweat electrolyte analysis via whole-body washdown and sweat patch)
- Oxygen consumption and aerobic capacity testing
- Blood pressure analysis
- Lactate threshold testing
- Substrate utilization testing
- Anaerobic capacity testing
- Isokinetic and isometric strength testing
- Athlete management systems (CoachMePlus and NCAA Injury Surveillance Program)
- Heart rate and heart rate variability analysis
- Electromyography
- Electrocardiography
- Sleep analysis
- C-elegant and worm experiment
- Gene and cell experiment
- BIA analysis
- DEXA

Teaching Experience

Courses Taught

- Assistant professor. Exercise Physiology, Fall 2025, Texas Tech University
- Assistant professor. Program Design for Strength and Conditioning (Master), Spring 2024, Texas Tech University
- Assistant professor. Athlete Monitoring with Wearable Technologies and Its Application (Master), Fall 2023, Texas Tech University
- Assistant professor. Advanced Topics in Exercise Physiology: Applied Environmental Physiology in Sports and Physical Activity (PhD), Spring 2023, Texas Tech University
- Assistant professor. Seminar Topics in Human Performance: Applied Environmental Physiology in Sports and Physical Activity (Master), Spring 2023, Texas Tech University
- Assistant professor. Applied Exercise Physiology, Spring 2022, Fall 2022, Spring 2024, Fall 2024, Spring 2025, Texas Tech University
- Assistant professor. Advanced Strength and Conditioning, Fall 2021, Spring 2022, Spring 2023, Fall 2023, Texas Tech University
- Assistant professor. Master Thesis (Master), Texas Tech University
- Assistant professor. Independent Study (Undergraduate), Texas Tech University
- Assistant professor. Individual Honors Research, Fal 2024, Spring 2025, Texas Tech University
- Assistant professor. Research (Master and PhD), Texas Tech University
- Instructor. Resistance training exercise techniques and evaluation, Fall 2020, University of Connecticut
- Instructor. Strength and Conditioning, Spring 2020, University of Connecticut
- Teaching Assistant. Exercise and Wellness for Everyone, Fall 2019. University of Connecticut

- Guest Lecture. Heat and Hydration Strategies to Optimize Performance and Safety in the Heat, Fall 2020, Samford University
- Guest lecture. Exertional Heat Stroke, February 2020, University of Connecticut
- Guest lecture. Physical Conditioning Theory, June 2018. Kobe University
- Guest lecture. Physical Conditioning Theory, July 2017. Kobe University
- Trainee. Physical Education, May-June. 2012. Ibaraki High School

Professional Service

Fellow

- American College of Sports Medicine (2025-Present)

Board Member

- Medical and Science Advisory Board Member, Korey Stringer Institute, University of Connecticut, (2021-Present)

Professional Service and Committee

- American College of Sports Medicine, Research Review Committee Member (2025-Present)
- American College of Sports Medicine, Professional Education Committee Member (2024-2025)
- National Strength and Conditioning Association, Education Committee Member (2022-Present)
- Texas Chapter of the American College of Sports Medicine Conference Abstract judge (2022, 2023)
- Texas Chapter of the American College of Sports Medicine Conference Abstract Review (2022-2024)
- American College of Sports Medicine, Abstract Review (2024-Present)

Editorial Work

- Guest Editor, Nutrients, Impacts of Nutrient and Water Intake on Hydration Biomarkers (2025-Present).
- Guest Editor, Nutrients, Effects of the Hydration Status on Exercise Performance (2024-2025).
- Guest Associate Editor, Frontiers in Physiology, Acute and Chronic Responses to Heat Stress to Optimize Health and Performance. (2023-2025).
- Guest editor, International Journal of environmental Research and Public Health, Special issue, Sports training, recovery, and injury prevention in extreme environments. (2021-2023)
- Review editor, Frontier, the editorial board of exercise physiology in physiology and frontiers in sports and active living (2022-2025).

Grant Reviewer

- National Science Foundation (NSF) (2022)

Journal Reviewer

- Journal of Science and Medicine in Sport
- Applied Physiology, Nutrition, and Metabolism
- Journal of Athletic Training
- Journal of Sports Science
- Journal of Strength and Conditioning Research
- Science and Medicine in Football
- Medicina
- Nutrients
- Sports Health
- Sport Medicine
- International Journal of Environmental Research and Public Health
- PLOS ONE
- Frontiers in Physiology

Professional Memberships

- American Physiological Society, 2024-Present
- National Strength and Conditioning Association, #842665, (2015-Present)
- American College of Sports Medicine, #757723, (2016-Present)
- European College of Sports Science, #31347 (2020-Present)
- American College of Sports Medicine Texas Chapter, (2022-Present)
- American College of Sports Medicine New England Chapter, (2018-2022)
- Japan Society of Training Science for Exercise and Sport, (2015-Present)
- Japan Society of Physical Education, Health and Sport Sciences, (2017-Present)
- National Strength and Conditioning Association Japan, (2015-2016)
- Professionals in Nutrition for Exercise and Sport (2025-Present)

Professional University Service

- Search Committee for Assistant Professor at Department of Kinesiology and Sport Management (2022-2023, 2025-2026)
- Institute for Inclusive Excellence (2022-2023)
- Departmental Guest Lecture Series Organizer (2022-Present)
- Texas Chapter of the American College of Sports Medicine Conference Student Bowl Organizer (2022-Present)

Professional Conferences and Workshops Attended

- American Physiology Society Summit (2024)
- Sports and Human Performance Nutrition Symposium (2023)
- National Strength and Conditioning Association National Alabama State Clinic (2022)
- Faculty Hiring Workshop at Texas Tech University (2022)
- American College of Sports Medicine Regional Meeting: Texas (2022, 2023, 2024, 2025)
- Bone Densitometry Training (2022)
- National Strength and Conditioning Association National Conference (2017, 2018, 2019, 2022, 2023, 2024, 2025)
- American College of Sports Medicine Annual Meeting (2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025)
- American College of Sports Medicine Regional Meeting: New England (2019)
- Hydration for Health Annual Scientific Conference (2019, 2020, 2021, 2022)
- HEATT Innovation Technology Summit. CT (2019)
- Sports Innovation Lab Meeting. Boston, MA (2018)
- Workshop: Scalable Manufacturing Methods for Flexible Hybrid Electronics. Amherst, MA (2018).
- Rise of the Quantified Athlete. Harvard, MA (2017)
- Head Injury in Soccer: From Science to the Field. New York, NY (2017)

Certifications

- NSCA Certified Performance and Sports Scientist: #7248039073, (October 2025-Present)
- NSCA Certified Strength and Conditioning Specialist: #7248039073, (March 2016-Present)
- Bone Densitometry Certificate, (January 2022-Present)
- American Red Cross Basic Life Support: #GVOW1X, (September 2015-Present)
- Collaborative Institutional Training Initiative, (January 2015-Present)
- Physical Education, Junior/Senior High School Teaching License, (March 2014-Present)
- Judo, First Degree, (March 2014-Present)
- Official Judge's License, Japan Association of Athletics Federations, (October 2012-Present)

Received External Grants

2025 GSSI Pathways in Sports Science Award (2025-2026)

- Title: Circuit-Based Heat Training: Impacts on Sleep and Recovery Responses
- Hydration Status and Neuromuscular Performance
- Founder: Gatorade Sports Science Institute, ACSM foundation
- Grant: \$4,000
- Principal Investigator: Yasuki Sekiguchi

W.L. Gore & Associates (2026)

- Title: The Effect of Cooling to Improve Performance in Occupational Settings
- Founder: W.L. Gore & Associates, Inc.
- Grant: \$60,000
- Principle Investigator: Yasuki Sekiguchi

American College of Sports Medicine (2024-2026)

- Title: Circuit Training in the Heat as a Method of Heat Acclimation for Intermittent Sport, Military, and Occupational Performance
- Founder: ACSM foundation
- Grant: \$5,000
- Principle Investigator: Yasuki Sekiguchi

Texas Chapter of ACSM Student Research Development Award (2025-2026)

- Title: Exploring Passive Heat Stress as a Recovery Modality: Impact on Cellular, Physiological, Perceptual and Performance Measures following Fatiguing Exercise
- Founder: ACSM foundation
- Grant: \$1,750
- Principle Investigator: Yasuki Sekiguchi

DOD Air Force AFWERX Research (2024-2026)

- Title: Development and Validation of Blink Thermal's XTEMP for Rapid, Contactless Core Body Temperature Measurement to Prevent Exertional Heat Injury
- Founder: DOD Air Force Research Laboratory
- Grant: \$572,682
- Principle Investigator: Yasuki Sekiguchi

Hemocept (2024-2026)

- Title: Assess Correlation Between Arterial Blood Volume Status and Hemocept Device Data
- Founder: Hemocept
- Grant: \$71,522
- Principle Investigator: Yasuki Sekiguchi

Texas Chapter of ACSM Student Research Development Award (2024-2025)

- Title: Utilizing Metabolomics for Investigation of Sex Differences following Acute and Prolonged Heat Training in Endurance-Trained Runners
- Founder: ACSM foundation
- Grant: \$1,750
- Principal Investigator: Yasuki Sekiguchi

Texas Chapter of ACSM Student Research Development Award (2024-2025)

- Title: The Effects of Circuit Training Heat Acclimation on Exercise Performance

- Founder: ACSM foundation
- Grant: \$1,668
- Principal Investigator: Yasuki Sekiguchi

ACSM-GSSI Diversity Sports Science Award (2023-2025)

- Title: Hydration Status and Neuromuscular Performance
- Founder: Gatorade Sports Science Institute, ACSM foundation
- Grant: \$5,000
- Principal Investigator: Yasuki Sekiguchi

Hemocept (2023-2024)

- Title: Assess Hydration Status by Hemocept Device Data during Dehydration and Rehydration.
- Founder: Hemocept
- Grant: \$34,002
- Principle Investigator: Yasuki Sekiguchi

Hemocept (2023-2024)

- Title: Assess Correlation Between Arterial Blood Volume Status and Hemocept Device Data
- Founder: Hemocept
- Grant: \$44,000
- Principle Investigator: Yasuki Sekiguchi

American College of Sports Medicine World Athletics Federation Research Grant (2023-2025)

- Title: Sex Differences in Cool Temperature Running Performance and Physiological Adaptations Induced by Heat Acclimation
- Founder: ACSM foundation
- Grant: \$5,000
- Principle Investigator: Yasuki Sekiguchi

Broad Agency Announcement 2021, Medical research award (2022-2025)

- Title: Optimizing customized, precision heat acclimation protocols to enhance performance and readiness of female warfighters resiliency to consecutive days of intense exercise in the heat
- Funder: US Department of Defense
- Grant: \$3,400,000
- Key Personnel: Yasuki Sekiguchi

Lubbock Matadors (2023)

- Title: Training monitoring in soccer players.
- Founder: Lubbock Matadors SC
- Grant: \$1,500
- Principle Investigator: Yasuki Sekiguchi

PPG in-ear Wearable Device Validation Study (2021-2022)

- Title: Comparison of PPG in-ear wearable device during rest and exercise to chest strap heart rate monitor and blood pressure measurements
- Funder: ZS Medullan
- Grant: \$283,788 (\$29,104 as PI)
- Co-Principle Investigator: Yasuki Sekiguchi

Broad Agency Announcement 2020, Medical research award (2021-2024)

- Title: Enhancing lethality by targeting cognitive and physiological mechanisms of female warfighter resiliency to consecutive days of intense exercise in the heat
- Funder: US Department of Defense
- Grant: \$1,610,606
- Key Personnel: Yasuki Sekiguchi

Yamaha Sports Challenge Grant (2021-2022)

- Title: Rehydration prescription based on thirst and hydration state to enhance exercise and cognitive performance
- Funder: Yamaha motors
- Grant: \$12,000
- Principle Investigator: Yasuki Sekiguchi

Received Internal Grants

A&S Undergraduate Research Experience Program (2025-2026)

- Awarded Grant: \$2,000
- Founder: Texas Tech University

TUF Investment Opportunity (2025)

- Awarded Grant: \$551,970
- Founder: Texas Tech University

Open Access Publication Initiative Award (2025)

- Awarded Grant: \$1,000
- Founder: Texas Tech University

Faculty and Staff Wellbeing and Success Program (2025)

- Awarded Grant: \$2,000
- Founder: Texas Tech University

TrUE Scholar Faculty Research Support Funding (2024)

- Awarded Grant: \$3,000
- Founder: Texas Tech University

Open Access Publication Initiative Award (2024)

- Awarded Grant: \$1,000
- Founder: Texas Tech University

Undergraduate Research Experience Program (2024)

- Awarded Grant: \$2,000
- Founder: Texas Tech University, The College of Arts and Sciences

Faculty and Staff Wellbeing and Success Program (2024)

- Awarded Grant: \$1,000
- Founder: Texas Tech University

TrUE Undergraduate Project Funding Award (2023)

- Title: Effects of acute and chronic heat exposure on sleep
- Awarded Grant: \$1,000
- Founder: Texas Tech University

TrUE Undergraduate Project Funding Award (2023)

- Title: Effects of hydration on neuromuscular performance
- Awarded Grant: \$1,000
- Founder: Texas Tech University

Texas Tech University Faculty Travel Grants (2023)

- Awarded Grant: \$1,000
- Founder: Texas Tech University

Faculty and Staff Wellbeing and Success Program (2023)

- Awarded Grant: \$2,000
- Founder: Texas Tech University

Open Access Publication Initiative Award (2022)

- Awarded Grant: \$1,000
- Founder: Texas Tech University

Received Awards

Texas Tech University College of Arts & Sciences Research Award (2026)

- Awarded
- Founder: Texas Tech University

Mortar Board Apple Polishing Award (2022)

- Awarded
- Founder: Texas Tech University

Hydration for Health Early Career Researcher Award Finalist (2019)

- Founder: Hydration for Health

NSCA Doctoral Student Outstanding Podium Presentation Nomination (2019)

- Founder: National Strength and Conditioning Association

Lawrence E. Armstrong 2018 Minority Scholarship Award (2018)

- Awarded
- Founder: The New England Chapter of American College of Sports Medicine

Yamaha Motor Foundation for Sport Scholarship (2015-2017)

- Awarded Grant: \$24,000
- Founder: Yamaha Motor Foundation for Sports

Received High Praise and University Commendation on Graduation Thesis (2014)

- Awarded
- Founder: Kobe University

Received Grants as Project Leader/Manager

CamelBak Cooling Vest Study (2021)

Korey Stringer Institute, University of Connecticut

- Title: The Effect of Running Vest Garment Material and Design during the exercise in the heat.
- Funder: CamelBak Inc.

- Grant: \$49,966
- Principle Investigators: Douglas J. Casa,
- Project Leader: Yasuki Sekiguchi

Hydration App Health Outcome Study (2018-2019)

Korey Stringer Institute, University of Connecticut

- Funder: CamelBak Inc.
- Grant: \$50,000
- Principle Investigators: Douglas J. Casa, Rebecca L. Stearns
- Project Leader: Yasuki Sekiguchi

CamelBak Team Sport Cooling Study (2018-2019)

Korey Stringer Institute, University of Connecticut

- Funder: CamelBak Inc.
- Grant: \$50,000
- Principle Investigators: Douglas J. Casa, Rebecca L. Stearns
- Project Manager: Yasuki Sekiguchi

NCAA Soccer Periodization Study (2016-2018)

Korey Stringer Institute, University of Connecticut

- Funder: National Collegiate Athletic Association
- Grant: \$250,000
- Principle Investigators: Douglas J. Casa, Robert A. Huggins
- Project Manager: Yasuki Sekiguchi

Recovery and Sleep in Athletes: WHOOP Technologies Study (2016-2017)

Korey Stringer Institute, University of Connecticut

- Funder: WHOOP Technologies
- Grant: \$200,000
- Principle Investigators: Douglas J. Casa, William M. Adams
- Project Manager: Yasuki Sekiguchi

Submitted Grants

NSCA Graduate Student Research Grant-Masters (2025)

- Title: Title: Effects of Passive Heated Garments on Neuromuscular Readiness, Central and Peripheral Fatigue, and Thermoregulatory Responses During Cold Exposure
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$5,866.30
- Faculty Mentor: Yasuki Sekiguchi

Musculoskeletal Disorders Solutions Lab 2026-2027 Research to Solutions Grant (2025)

- Title: Climate-Adaptive Risk Assessment Tool for Back-Support Exoskeletons
- Founder: National Safety Council
- Grant: \$49,500
- Principle Investigator: Yasuki Sekiguchi

American College of Sports Medicine Carl V. Gisolfi Memorial (2025) (Under review)

- Title: Investigating the Acute Effects of Exertional Heat Stress on Gut Microbiome Composition
- Founder: ACSM foundation
- Grant: \$10,000

- Faculty Mentor: Yasuki Sekiguchi

Gatorade Sports Science Institute (2025) (Under review)

- Title: Normative data for whole body sweating rate, sweat sodium concentration, and sweat sodium loss in working populations
- Founder: Gatorade Sports Science Institute
- Grant: \$37,669 as PI (160,714)
- Principle Investigator: Yasuki Sekiguchi

DoD X25.5 Annual Commercial Solution Opening (CSO) (2025)

- Title: XTEMP: Non-Contact Core Temperature Measurement for Advanced Hypothermia Detection in Arctic Warfare
- Founder: DOD Air Force Research Laboratory
- Grant: \$296,871
- Principle Investigator: Yasuki Sekiguchi

Texas Chapter of ACSM Student Research Development Award (2025)

- Title: The Effects of Short-term, Circuit-based Heat Acclimation.
- Founder: ACSM foundation
- Grant: \$1,750
- Faculty Mentor: Yasuki Sekiguchi

Texas Chapter of ACSM Student Research Development Award (2025)

- Title: Effect of Hydration Status on Neuromuscular Performance Before and After Intermittent Exercise in the Heat
- Founder: ACSM foundation
- Grant: \$1,000
- Faculty Mentor: Yasuki Sekiguchi

Texas Chapter of ACSM Student Research Development Award (2025)

- Title: Impact of Heat Acclimation on Gut Microbiome Composition in Male and Female Endurance Runners
- Founder: ACSM foundation
- Grant: \$1,750
- Faculty Mentor: Yasuki Sekiguchi

Texas Chapter of ACSM Student Research Development Award (2025)

- Title: Effects of High Intensity Interval Training in the Heat on Sleep and Recovery in Trained Athletes
- Founder: ACSM foundation
- Grant: \$1,000
- Faculty Mentor: Yasuki Sekiguchi

NSCA Graduate Student Research Grant-Doctoral (2025)

- Title: Sex- and Thermoregulatory-Specific Responses of Taurine Supplementation combined with Heat Acclimation on Exercise Performance in Hot Environmental Conditions.
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$15,000
- Faculty Mentor: Yasuki Sekiguchi

NSCA Graduate Student Research Grant-Doctoral (2025)

- Title: The Effects of Short-term, Circuit-based Heat Acclimation.
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$15,000
- Faculty Mentor: Yasuki Sekiguchi

National Science Foundation Major Research Instrumentation(2024)

- Title: Equipment: MRI: Acquisition of Environmental Heat, Cold, and Hypoxic Chamber
- Founder: National Science Foundation
- Grant: \$1,402,550
- Principle Investigator: Yasuki Sekiguchi

American College of Sports Medicine Carl V. Gisolfi Memorial (2024)

- Title: Circuit Training in the Heat as a Method of Heat Acclimation for Intermittent Sport, Military, and Occupational Performance
- Founder: ACSM foundation
- Grant: \$5,000
- Faculty Mentor: Yasuki Sekiguchi

American College of Sports Medicine Carl V. Gisolfi Memorial (2024)

- Title: Effect of hydration status on intestinal integrity after aerobic exercise under different environmental conditions
- Founder: ACSM foundation
- Grant: \$5,000
- Faculty Mentor: Yasuki Sekiguchi

NSCA Graduate Student Research Grant-Doctoral (2024)

- Title: The Effects of Circuit Training Heat Acclimation on Exercise Performance.
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$15,000
- Faculty Mentor: Yasuki Sekiguchi

NSCA Graduate Student Research Grant-Doctoral (2024)

- Title: Sex- and Thermoregulatory-Specific Responses of Taurine Supplementation combined with Heat Acclimation on Exercise Performance in Hot Environmental Conditions
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$15,000
- Faculty Mentor: Yasuki Sekiguchi

NSCA Graduate Student Research Grant-Master (2024)

- Title: The Effect of Hydration Status on Neuromuscular Performance Before and After Intermittent Exercise in the Heat.
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$7,500
- Faculty Mentor: Yasuki Sekiguchi

Texas Tech University Center for Transformative Undergraduate Experience Transformers Program Grant, 2024

- Title: Sex Differences in Cool Temperature Running Performance and Physiological Adaptations Induced by Heat Acclimation.
- Founder: Texas Tech University

- Grant: \$5,000
- Principle Investigators: Yasuki Sekiguchi

American Heart Association Innovative Research Award (2024)

- Title: Implementing circulating cell-free mtDNA as a novel biomarker and molecular therapeutic target to mitigate the negative
- Funder: American Heart Association
- Grant: \$200,000
- Principle Investigator: Yasuki Sekiguchi

American College of Sports Medicine Carl V. Gisolfi Memorial (2023)

- Title: High-Intensity Interval Training in the Heat as a Method of Heat Acclimation for Intermittent Sport, Military, and Occupational Performance
- Founder: ACSM foundation
- Grant: \$5,000
- Faculty Mentor: Yasuki Sekiguchi

CH and Helen Jones Foundation (2023)

- Title: Improving health, safety, and injury prevention for Texas Tech University Student-Athletes
- Funder: CH and Helen Jones Foundation
- Grant: \$129,670
- Principle Investigator: Yasuki Sekiguchi

DOD CBD233-003: Real Time Physiological Status Monitor for MicroClimate Control (Under review)

- Title: *Tactical Health Evaluation and Real-time Microclimate Optimization using Sensor Metrics and Real-time Technology (THERMOSMART)*
- Funder: US Department of Defense
- Grant:
- Consultant: Yasuki Sekiguchi

Broad Agency Announcement for Extramural Biomedical Research and Development (2022-2025)

- Title: Identifying heat acclimatization state and risk factors of heat illness in Air Force Special Operators
- Funder: US Department of Defense
- Grant: \$700,000
- Principle Investigator: Yasuki Sekiguchi

NSCA Graduate Student Research Grant-Doctoral (2023)

- Title: Heat Acclimation and Training Load Monitoring over Course of Professional Soccer Season
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$15,000
- Faculty Mentor: Yasuki Sekiguchi

NSCA Directed Research Grant (2023)

- Title: Heat Acclimation and Training Load Monitoring over Course of Professional Soccer Season
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$25,000
- Faculty Mentor: Yasuki Sekiguchi

NSCA Graduate Student Research Grant-Doctoral (2023)

- Title: High-Intensity Interval Training in the Heat to Induce Acclimation for Intermittent Sport Performance
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$15,000
- Faculty Mentor: Yasuki Sekiguchi

NSCA Graduate Student Research Grant-Master (2023)

- Title: Sex Difference in Cool Temperature Endurance Running Performance and Physiological Adaptations Induced by Heat Acclimation
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$7,500
- Faculty Mentor: Yasuki Sekiguchi

Texas Chapter of ACSM Student Research Development Award (2023)

- Title: Relationships between Morning and Afternoon WUT (Weight, Urine Color, and Thirst) Criteria and Hydration Markers
- Founder: ACSM foundation
- Grant: \$1,750
- Faculty Mentor: Yasuki Sekiguchi

American College of Sports Medicine Carl V. Gisolfi Memorial (2022)

- Title: Effects of Passive Heat Acclimation on Upper Respiratory Tract Infection in ROTC Cadets
- Founder: ACSM foundation
- Grant: \$5,000
- Faculty Mentor: Yasuki Sekiguchi

American College of Sports Medicine Foundation Doctoral Student Research Grant (2022)

- Title: The cross effect of muscle damage and heat on heat stress response
- Founder: ACSM foundation
- Grant: \$5,000
- Collaborator: Yasuki Sekiguchi

Broad Agency Announcement for Extramural Medical Research (2023-2027)

- Title: Optimizing Performance and Recovery in Extreme Environments by High-Intensity Interval Training Heat Acclimation for Military Personnel.
- Funder: US Department of Defense
- Grant: \$2,586,577
- Principle Investigator: Yasuki Sekiguchi

Ultra-Endurance Sports Science & Medicine Grant Program (2022)

- Title: Sex Differences in Cool Temperature Endurance Running Performance and Physiological Adaptations Induced by Heat Acclimation
- Funder: Ultra-Endurance Sports Science & Medicine
- Grant: \$10,000
- Principle Investigator: Yasuki Sekiguchi

FY21 Traumatic Brain Injury and Psychological Health Research Program - Clinical Trial Award

- Title: Personalized network approach to modeling effective TBI pre-interventions and treatments
- Funder: US Department of Defense
- Grant: \$8,000,000

- Co-Principle Investigator: Yasuki Sekiguchi

Texas Tech University Proposal Assistance Program, Fall 2022 Funding

- Title: Characterizing the thermal demands of temperate and hot match-play and training in an Elite-Level Athletes.
- Founder: Texas Tech University Proposal Assistance Program
- Grant: \$4,000
- Principle Investigators: Yasuki Sekiguchi

NSCA Young Investigator Research Grant (2022)

- Title: Characterizing the thermal demands of temperate and hot match-play and training in an Elite-Level Women's Soccer Team.
- Founder: National Strength and Conditioning Association Foundation
- Grant: \$20,000
- Principle Investigators: Yasuki Sekiguchi

Tonal Strength Research Grant Application (2022)

- Title: Development of a Tonal-based exercise heat acclimation protocol for performance and recovery.
- Founder: Tonal Inc.
- Grant: \$50,000
- Principle Investigators: Yasuki Sekiguchi

Oro Sports Cooling Study (2022)

- Title: The effect of Oro Sports Cooling Vest during on physiological, perceptual, cognitive and performance measurements.
- Founder: Oro Sports
- Grant: \$35,000
- Principle Investigators: Yasuki Sekiguchi

ACSM Foundation Doctoral Student Research Grant (2022)

- Title: The Effects of Dietary Water Intake on Skeletal Muscle Performance Across the Life Span
- Founder: ACSM foundation
- Grant: \$5,000
- Collaborator: Yasuki Sekiguchi

Texas Chapter of ACSM Student Research Development Award (2022)

- Title: The Effects of Dietary Water Intake on Skeletal Muscle Performance Across the Life Span
- Founder: ACSM foundation
- Grant: \$1,750
- Collaborator: Yasuki Sekiguchi

American College of Sports Medicine Carl V. Gisolfi Memorial Fund (2019)

- Title: Effects of weekly post-acclimatization exercise-heat exposures on plasma volume adaptations,
- Funder: American College of Sports Medicine
- Grant: \$5,000
- Principle Investigators: Douglas J. Casa, Yasuki Sekiguchi

National Strength and Conditioning Association 2019 Graduate Research Grant-Doctoral (2019)

- Title: Mitigating Physical and Performance Decrements through Weekly Heat Exposure for Heat Acclimatization Maintenance

- Funder: National Strength and Conditioning Association
- Grant: \$10,000
- Principle Investigators: Yasuki Sekiguchi

Eastern Athletic Trainers' Association, Inc. Supported Research Program (2019)

- Title: Effects of Heat Acclimatization Maintenance Protocols on Plasma Volume and Sweat Electrolyte Adaptations
- Funder: Eastern Athletic Trainers' Association
- General: \$10,000
- Principle Investigators: Robert A. Huggins, Courtney L. Benjamin, Yasuki Sekiguchi

ACSM Foundation Doctoral Student Research Grant (2019)

- Title: Mitigating sweat electrolyte loss with weekly post acclimatization maintenance protocols
- Funder: American College of Sports Medicine
- Grant: \$5000
- Principle Investigators: Douglas J. Casa, Courtney L. Benjamin
- Project Manager: Yasuki Sekiguchi

NCAA Innovations in Research and Practice Grant Program (2019)

- Title: Efficacy of the Rapid Education by Sleep Training (REST) program to Improve Sleep, Mental Health, and Academic Stress
- Funder: National Collegiate Athletic Association
- Grant: \$25,000
- Principle Investigators: Douglas J. Casa, Courtney L. Benjamin
- Project Manager: Yasuki Sekiguchi

Graduate Student

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