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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

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

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

Enhancing lethality by targeting cognitive and physiological mechanisms of female warfighter resiliency to consecutive days of intense exercise in the heat (Co-I), 2021-2024

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 the exercise in the Heat (Project Leader), 2021

- *Purpose 1:* To examine the role of a new vest material and design on thermoregulatory response and its evaporative properties compared to a current production vest.
- *Purpose 2:* To examine the validity of urine color chart on screen.

Effects of running shoe deterioration on running kinetics and kinematics (Project Leader), 2021

- *Purpose:* To gather data on multiple biomechanical variables over a longer time course and more precise timeline, to better understand the effects of shoe deterioration on runners.

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.
- *Result:* Weight Urine Thirst (WUT) criteria seems to be a valid tool to assess hydration status and associated with changes in urine osmolality. However, the effectiveness of the smart phone application to monitor hydration status needs to be improved.

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.
- *Result:* Participants showed better physiological and perceptual responses and performance when euhydrated. The cooling in the dehydrated trials may have advantages to mitigate performance decrements.

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.
- *Result:* Both men's and women's soccer had higher injury rates with 1-5 days between matches vs. 6+ for all injuries and non-contact/overuse injuries.

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.
- *Result:* When physiological state was impaired, meaning the physiological restorative demand was higher, the percentage of time in slow wave sleep was increased to ensure recovery in athletes.

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.
- *Result:* The Polar Shirt is as reliable and valid and compared to similar products.

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.
- *Result:* While internal body temperature response in modified heat tolerance test was influenced by body mass, body surface area, and $\dot{V}O_{2\max}$, adjusted physical strain index was able to track thermal strain independent from these variables and with normal distribution.

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.
- *Result:* Mild dehydration increased perceived fatigue during dehydration starting in the afternoon, and it is likely that increased sense of fatigue prior to bedtime contributed to the increased duration of nighttime sleep during dehydration.

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
- *Result:* Single leg foam stance is improved immediately post exercise when wrist cooling is utilized

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
- *Results:* Hypohydration decreased cycling performance and impaired thermoregulation independently of thirst, while the subjects were unaware of their hydration status

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
- *Results:* Passive body heating might improve intermittent exercise and aerobic performance and decrease fatigue on the day after exercise

Professional Athlete Sport Science Consulting and Coaching Experience

Sport Scientist, Lubbock Matadors, 2022-Present

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.

Sport Scientist, Stella and Chewys Triathlon Team, 2020-Present

- Planning training, heat, and hydration strategy for Triathlon World Championship
- Advising professional and amateur endurance athletes

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

Collegiate and professional athlete consultant

- VO_{2max} , lactate threshold, heat tolerance, substrate utilization, and whole-body electrolyte balance testing and heat acclimation training.
- Managed and oversaw the staff, prepared the equipment, and coordinated testing procedures for many collegiate and professional athlete physiological tests.

- Created and applied results from physiological tests with athletes.

Heat acclimation training with the University of Connecticut Women's Cross-Country Team

- Managed the athletes and staff.
- Prepared the equipment and training procedures.
- Ensured training intensity in the lab was appropriate in addition to outside of the lab by communicating with coaching and sports medicine staff.
- 2017 American Athletic Conference Champions.

University of Connecticut, 2016-2017

Sport Scientist, Strength and Conditioning Staff

- 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, 2014-2016

Track and Field Team Training Support Staff

- 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.

YAHAMA Professional Rugby Football Team, Japan, 2015 Winter

Strength and Conditioning Intern

- Trained professional rugby football player.
- Assisted with monitoring training loads with global positioning system.

National Strength and Conditioning Association, 2015 Summer

NSCA Strength and Conditioning Internship

- Programmed strength and conditioning training and coached elite and youth athletes.
- Maintained sport facilities.

Junior Sport Academy, Japan, 2012-2014

Training Assistant Coach

- 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 Coach, Japan, 2011-2013

Volunteer Coach

- Programmed and coached strength and conditioning training and track and field training for high school athletes

Scholarship

Refereed Manuscripts

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. *Journal of Human Performance in Extreme Environments*. [accepted]

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 RB, 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 (2021). *Sports Health*. [ePub ahead of print]
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. 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.

12. 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.

11. **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.

10. 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.

9. 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.

8. 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.

7. 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.

6. **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.

5. **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.

4. **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.

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 Manuscripts in Review

Hashiwaki J, Dempsey DM, Stearns RL, **Sekiguchi Y**, Adams WM, Earp JE, McKenzie AL, Pike AM, Vandermark LW, Maresh CM, Casa DJ. Post-Race Nutritional Intervention Did Not Attenuate Delayed-Onset Muscle Soreness or Facilitate Return to Training in Ironman Triathletes. *International Journal of Sports Nutrition and Exercise Metabolism*.

Sekiguchi Y, Benjamin CL, Manning CN, Butler CR, Szymanski MR, Filep EM, Stearns RL, Distefano LJ, Lee EC, Casa DJ. Practical method for heat adaptation assessment using heart rate, sweat rate, and thermal sensation to predict core temperature adaptations in both acclimation and acclimatization protocols. *Scandinavian Journal of Medicine and Science in Sports*.

Manning CN, Benjamin CL, **Sekiguchi Y**, Spaulding MR, Dierickx EE, Spaulding JR, Davenport DM, Picard-Busky JR, Casa DJ. Height does not Characterize Participation in 2019 FIFA Women's World Cup. *Women in Sport and Physical Activity Journal*.

Manning CN, **Sekiguchi Y**, Benjamin CL, Spaulding MR, Dierickx EE, Spaulding JR, Davenport DM, Picard-Busky JR, Casa DJ. Impact of Height on Performance among Players in the 2019 FIFA World Cup. *Women in Sport and Physical Activity Journal*.

Curtis RM, Adams WA, Benjamin CL, **Sekiguchi Y**, Casa DJ. Monitoring Sleep, Training Load and Fatigue in Starters and Reserves During NCAA Men's Soccer Competition (2019). *Science and Medicine in Football*.

Benjamin CL, Zuk EF, **Sekiguchi Y**, DiStefano LJ. The Effects of Cold Water Immersion on Heart Rate Recovery: A Critically Appraised Topic. *Journal of Sport Rehabilitation*.

Refereed Abstracts and Presentations

Ky AT, Giersch GEW, **Sekiguchi Y**, Lee EC. Mild Dehydration Led to Increased Difficulty Falling Asleep. (2022) *International Journal of Exercise Science*.

Ng JTW, **Sekiguchi Y**, Benajmin CL, Calabrese P, Grundsten AK, Casa DJ. Can a Matchday Cooling Protocol Mitigate Self-Pacing in Elite Youth Football Players? (2021). *European College of Sport Science*.

- Sekiguchi Y**, Benjamin CL, Butler RB, Morrissey MC, Filep EM, Stearns RL, Casa DJ. The Relationship between %BML, Urine Color, Thirst Level, and Urine Indices of Hydration Status (2021). *Ann Nutr Metab.* 76 (S1):65-66.
- Manning CN, **Sekiguchi Y**, Benjamin CL, Casa DJ. Environmental Stress Symptoms during Heat Acclimatization, Heat Acclimation, and Intermittent Heat Training (2021). *Med Sci Sports Exerc.*
- Benjamin CL, **Sekiguchi Y**, Armstrong LE, Manning CN, Struder JF, Butler CR, Huggins RA, Stearns RL, Lee EC, Casa DJ. The Optimal Frequency of Intermittent Heat Training to Elicit Positive Physiological Outcomes following Heat Acclimation (2021). *Med Sci Sports Exerc.*
- 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 Heat Training on Time-Trial Performance (2021). *Med Sci Sports Exerc.*
- Butler CB, **Sekiguchi Y**, Benjamin CL, Morrissey MC, Filep EM, Stearns RL, Casa DJ. Inadequate Fluid Intake in Free Living Fluid Consumption College Students (2021). *Med Sci Sports Exerc.*
- Dierickx EE, **Sekiguchi Y**, Benjamin CL, Struder JF, Manning CN, Casa DJ. Predictive Modeling of Maximal Oxygen Uptake (VO_{2max}) Improvement After Aerobic Training in Male Endurance Athletes (2021). *Med Sci Sports Exerc.*
- Manning CN, Sekiguchi Y, Benjamin CL, Casa DJ. Changes in mood states during heat acclimatization, heat acclimation, and intermittent heat training (2020). *NEACSM.*
- Butler RB, **Sekiguchi Y**, Benjamin CL, Harris R, Stearns RL, Casa DJ. Heart rate and subjective variables do not correlate with or predict core temperature while exercising in the heat (2020). International Conference on the Physiology and Pharmacology of Temperature Regulation.
- Sekiguchi Y**, Benjamin CL, Butler RB, Morrissey MC, Filep EM, Stearns RL, Casa DJ. The Effect of Hydration Status and Ice Water Dousing on Heart Rate Variability Prior to and During Intermittent Exercise in the Heat (2020). *Med Sci Sports Exerc.*
- Spaulding MR, **Sekiguchi S**, Benjamin CL, Dierickx EE, Manning CN, Spaulding JM, Davenport DM, Picard-Busky JR, Casa DJ. Height Is Not Predictive of Starting nor Playing Time In FIFA World Cup Female Athletes (2020). *Med Sci Sports Exerc.*
- Huggins RA, Curtis RM, Benjamin CL, Sekiguchi Y, Wasserman EB, Arent SM, Dann CL, Lemoine NP, Powell T, Prencipe J, Jain RK, McFadden B, Roudebush H, Sullivan A, Casa DJ. The Influence of Match Congestion, Load and Wellness on Injury Risk in Collegiate Women's Soccer (2020). *Med Sci Sports Exerc.*
- Dierickx EE, Curtis RM, **Sekiguchi Y**, Benjamin CL, Huggins RA, Casa DJ. Speed Comparisons Between Match Outcomes by Position in NCAA Women's Soccer (2020). *Med Sci Sports Exerc.*
- Benjamin CL, **Sekiguchi Y**, Filep EM, Butler RB, Morrissey MC, Stearns RL, Casa DJ. Optimizing Baseline Body Mass Measurements to Determine Hydration Status (2020). *Med Sci Sports Exerc.*

Manning CN, **Sekiguchi Y**, Benjamin CL, Dierickx EE, Spaulding MR, Spaulding JM, Davenport DM, Picard-Buskly JR, Casa DJ. Differences in Height and Performance Among Players in the 2019 FOFA World Cup (2020). *Med Sci Sports Exerc.*

Butler RB, Huggins RA, Lepley AS, Curtis RM, Benjamin CL, **Sekiguchi Y**, Casa DJ. Biomarkers Differ between and within Starters and Non-starters throughout a Collegiate Soccer Season (2020). *Med Sci Sports Exerc.*

Benjamin CL, **Sekiguchi Y**, Morrissey MC, Butler RB, Filep EM, Stearns RL, Casa DJ. Individual and Combined Effects of Hydration Status and Ice Water Dousing on Physiological and Performance Indices During Intermittent Exercise in the Heat (2021). *IOC World Conference on Prevention of Injury & Illness in Sport.*

Butler RB, Benjamin CL, **Sekiguchi Y**, Morrissey MC, Filep EM, Stearns RL, Casa DJ. Effects of Hydration Status in Hot Environment on Cognition, Reaction Time, Anaerobic Power and Speed in Male Team Sport Athletes (2020). *International Congress on Soldiers' Physical Performance.*

Benjamin CL, Curtis RM, Huggins RA, **Sekiguchi Y**, Lemoine NP, Sullivan AM, Faldetta HR, Prencipe J, Casa DJ. Sleep Quality, Mental Health, and Academic Stress of Division I Female Collegiate Soccer Players (2019). *Journal of Strength and Conditioning Research.*

Sekiguchi Y, Curtis RM, Huggins RA, Benjamin CL, Adams WM, Arent SM, Jain RK, Miller SJ, Casa DJ. The Effect of Acute Chronic Training Load Ratio on Daily Sleep Duration and Quality in a NCAA Division 1 Soccer Player (2019). *Journal of Strength and Conditioning Research.*

Sekiguchi Y, Benjamin CL, Butler RB, Morrissey MC, Filep EM, Murata Y, Endres BD, Giersch GEW, Stearns RL, Casa DJ. The Relationship Between WUT criteria and Urine Indices of Hydration Status (2019). *Hydration for Health.*

Butler RB, Curtis RM, Huggins RA, Benjamin CL, **Sekiguchi Y**, Lindsey LK, Casa DJ. NCAA Preseason Demonstrates Greatest Impact on Heart Rate Variability, Training Load and Sleep in Men's Soccer (2019). *Med Sci Sports Exerc.* 51(6): 444.

Benjamin CL, Curtis RM, Huggins RA, **Sekiguchi Y**, Adams WM, Arent SM, Jain RK, Miller SJ, Casa DJ. Sleep Quality Effects Mood, Anxiety and Disablement in Division I National Collegiate Athletic Association Men's Soccer Players (2019). *Med Sci Sports Exerc.* 51 (6): 442-443.

Sekiguchi Y, Curtis RM, Huggins RA, Benjamin CL, Adams WM, Arent SM, Jain RK, Miller SJ, West CA, Hale JR, Casa DJ. The Effect of Acute Chronic Training Load Ratio on Daily Stress, Fatigue, and Soreness level in NCAA Division I Soccer Players (2019). *Med Sci Sports Exerc.* 51(6): 442.

Huggins RA, Curtis RM, Benjamin CL, **Sekiguchi Y**, Wasserman EB, Klossner DA, Adams WM, Arent SM, Jain RK, Miller SJ, Armistead MJ, Borchik SM, D'Andrea C, Landry AP, Sylvester T, Walker AJ, Casa DJ. The Influence of Match Congestion, Load and Wellness on Injury Risk in Collegiate Men's Soccer (2019). *Med Sci Sports Exerc.* 51(6): 443.

Titarenko C, Rana A, Giersch GEW, **Sekiguchi Y**, Dunn L, Lopez V, Colburn A, Armstrong LE, Lee EC, Muñoz CX. Time Course of Fluid Regulatory Hormones and Thirst Across Water Deprivation and Dehydration. (2018). *NEACSM.*

Sekiguchi Y, Adams WM, Benjamin CL, Curtis RM, Casa DJ. Relationships between Resting Heart Rate, Heart Rate Variability, and Sleep Phases in Collegiate Cross-Country Runners (2018). *Journal of Strength and Conditioning Research*. 33 (2): e44-45.

Benjamin CL, Adams WM, Curtis RM, **Sekiguchi Y**, Casa DJ. Effects of Early Morning Training on Sleep in NCAA Division 1 Female Cross-Country Runners (2018). *Journal of Strength and Conditioning Research*. 33 (2): e77-e78.

Curtis RM, Adams WM, Benjamin CL, **Sekiguchi Y**, Huggins RA, Casa DJ. Sleep Distribution and Heart Rate-Derived Autonomic Nervous System Responses to Acute Training Load Changes in Collegiate Soccer Players (2018). *Journal of Strength and Conditioning Research*. 33 (2): e79-e80.

Sekiguchi Y, Adams WM, Curtis RM, Benjamin CL, Casa DJ. Factors Influencing Hydration Status during a NCAA Division 1 Soccer Preseason (2018). *Med Sci Sports Exerc*. 50 (5S): 343.

Benjamin CL, Adams WM, Curtis RM, **Sekiguchi Y**, Giersch GEW, Muholland AM, Casa DJ. Sleeping Patterns of NCAA DI Collegiate Athletes: A Sex Comparison (2018). *Med Sci Sports Exerc*. 50 (5S): 804-805.

Curtis RM, Adams WM, Benjamin CL, **Sekiguchi Y**, Casa DJ. The Effect of Sleep Duration on Sleep Quality in Elite Soccer Athletes (2018). *Med Sci Sports Exerc*. 50 (5S) 258.

Giersch GEW, Huggins RA, Benjamin CL, Adams WM, Belval LN, Curtis RM, Peltonen JT, **Sekiguchi Y**, Casa DJ. Validity and Reliability of a Shirt-Based Integrated GPS Sensor (2018). *Med Sci Sports Exerc*. 50 (5S) 673.

Giersch GEW, Dunn L, Lee EC, **Sekiguchi Y**, Colburn A, Lopez V, Casa DJ, Munoz C, Armstrong LE. Mild dehydration by 24h fluid restriction increases evening fatigue and sleep duration (2018). *Hydration for Health*.

Sekiguchi Y, Huggins RA, Curtis RM, Adams WM, Fortunati AR, West CA, Looney DP, and Casa DJ. Heart rate variability between starters and nonstarters throughout a collegiate soccer season (2017). *Journal of Strength and Conditioning Research*. 31(S).

Benjamin CL, Adams WM, Curtis RM, **Sekiguchi Y**, Belvel LN, Casa DJ. Analysis of Women's Cross-Country Lab Tests Results and Training Over the Course of a Competitive Fall Season (2017). *Journal of Strength and Conditioning Research*. 31 (S).

Curtis RM, Adams WM, Benjamin CL, **Sekiguchi Y**, West CA, Casa DJ. Relationship Between Sleep, Training Load, and Fitness in Collegiate Soccer (2017). *Journal of Strength and Conditioning Research* 31 (S).

Sekiguchi Y, Adams JD, Seal AD, Suh HG, Sprong CA, Jansen LT, Kavouras SA. Thirst Modulates Cycling Performance in the Heat in Dehydrated Males (2017). *Med Sci Sports Exerc*. 49(5S):833.

Adams JD, **Sekiguchi Y**, Seal AD, Suh HG, Sprong CA, Jansen LT, Kavouras SA. Dehydration Impairs Exercise Performance Independent of Thirst Perception: A Blinded Study (2017). *Med Sci Sports Exerc*. 49(5S):833.

Hosokawa Y, Belval LN, Adams WM, Huggins RA, **Sekiguchi Y**, Stearns RL, Casa DJ. Outcomes from a Modified Heat Tolerance Test to Track Thermal Strain (2017). *Med Sci Sports Exerc.* 49(5S):453.

Jansen LT, Adams JD, **Sekiguchi Y**, Fry J, Schroeder A, Johnson EC, Kavouras SA. Effects of plasma osmolality on glucose regulation in healthy males -a pilot study (2015). *IJESAB.* 11 (3).

Book Chapters: Released

Sekiguchi Y, Benjamin CL, Casa DJ. NSCA's Essentials of Sport Science. *Environmental Stress.* Human Kinetics, Champaign, IL, USA.

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.

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.

Presentations and Media Contributions

Professional Presentations

- **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

- **Sekiguchi Y**, Benjamin CL, Casa DJ. NSCA's Essentials of Sport Science. *Environmental Stress.* Human Kinetics, Champaign, IL, USA. Japanese version.
- **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. Applied Exercise Physiology, Spring 2022, Fall 2022, Texas Tech University
- Assistant professor. Advanced Strength and Conditioning, Spring 2022, Texas Tech University
- Assistant professor. Advanced Strength and Conditioning, Fall 2021, 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

Board member

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

Professional Service and Committee

- National Strength and Conditioning Association, Education Committee Member (2022-Present)
- Texas Chapter of the American College of Sports Medicine Conference Master Student Abstract judge (2022)

Editorial work

- Guest editor, International Journal of environmental Research and Public Health, Special issue, Sports training, recovery, and injury prevention in extreme environments. (2021-Present)
- Review editor, Frontier, the editorial board of exercise physiology in physiology and frontiers in sports and active living.

Grant Reviewer

- National Science Foundation (NSF) (2022-Present)

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

Professional Memberships

- 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)

Professional Conferences and Workshops Attended

- Faculty Hiring Workshop at Texas Tech University (2022)
- American College of Sports Medicine Regional Meeting: Texas (2022)
- Bone Densitometry Training (2022)
- National Strength and Conditioning Association National Conference (2017, 2018, 2019, 2022)
- American College of Sports Medicine Annual Meeting (2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022)
- 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 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)

Grant and Awards

Awards

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

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
- 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
- Co-Investigator: Yasuki Sekiguchi

Yamaha Sports Challenge Grant (2021)

- 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

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

Texas Tech University Proposal Assistance Program, Fall 2022 Funding (Under review)

- 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) (Under Review)

- 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

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

- 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: \$1,600,000
- Co-Principal 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: \$8000,000
- Co-Principle Investigator: 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, Courteney 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, Courteney 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, Courteney L. Benjamin
- Project Manager: Yasuki Sekiguchi

Graduate Student Committees

Major advisor

Alan Ky, Master of Science in Kinesiology, Texas Tech University (2021-).

Ryan Dunn, PhD in Kinesiology, Texas Tech University (2022-).

Marcos Keefe, PhD in Kinesiology, Texas Tech University (2022-).

Dissertation of master thesis committee's member

Jacob Dellinger, Master of Science in Kinesiology, Texas Tech University (2021-).

Madelin Siedler, PhD in Kinesiology, Texas tech University (2021-).

Bianna O'Brien, Master of Science in Exercise Science, University of Connecticut (2022-).

Languages

- English
- Japanese