

William Blake Hammert

Department of Kinesiology and Health Promotion
127 Seaton Center
Lexington, KY 40506-0219 wblhammert@uky.edu
(859) 257-0251

EDUCATION

Doctor of Philosophy, Health and Kinesiology University of Mississippi, Oxford, Mississippi Concentration in Exercise Physiology Graduate Minor in Applied Statistics Dissertation: <i>Investigating the Effects of High- and Low-Load Resistance Training on Tendon Size, Muscle Growth, and Strength Adaptations</i> Advisor: <i>Jeremy P. Loenneke, Ph.D.</i>	2022 - 2026
Master of Science, Exercise Science University of South Florida, Tampa, Florida Concentration in Strength and Conditioning	2020 - 2022
Bachelor of Science, Exercise Science University of Scranton, Scranton, Pennsylvania Concentration in Applied Kinesiology	2016 - 2020

HONORS AND AWARDS

Mark Loftin Award University of Mississippi, Oxford, Mississippi Departmental award recognizing outstanding academic achievement and contributions to the field of kinesiology.	Spring 2026
Applied Statistics Student Research Award University of Mississippi, Oxford, Mississippi Awarded for outstanding statistical application in published research (<i>Medicine & Science in Sports & Exercise</i>).	Spring 2026
Dissertation Fellowship Award University of Mississippi, Oxford, Mississippi Competitive, non-service fellowship supporting full-time dissertation research.	Spring 2026
Three-Minute Thesis (3MT) Finalist University of Mississippi, Oxford, Mississippi Advanced to the final round as one of 23 finalists in the university-wide 3MT competition.	Fall 2025

PROFESSIONAL EXPERIENCE

Assistant Professor of Exercise Science Department of Kinesiology and Health Promotion <i>University of Kentucky, Lexington, KY</i>	2026 - Present
Doctoral Graduate Assistant/Instructor Department of Health, Exercise Science, and Recreation Management <i>University of Mississippi, Oxford, MS</i>	2023 - 2026
Graduate Research Assistant Kevser Ermin Applied Physiology Laboratory <i>University of Mississippi, Oxford, MS</i> Mentor: Jeremy P. Loenneke, PhD, FACSM	2022 - 2026
Graduate Assistant Center for Excellence in Teaching and Learning <i>University of Mississippi, Oxford, MS</i>	2022 - 2023

Graduate Teaching Assistant
Department of Exercise Science
University of South Florida, Tampa, FL

2020 - 2022

Graduate Research Assistant
USF Muscle Laboratory
University of South Florida, Tampa, FL
Mentor: Samuel L. Buckner, PhD

2020 - 2022

GRANTS

1. **Hammert WB**. Principal Investigator (2026). "Knee Extension Repetition Performance Across Different Resistance Exercise Loads." University of Kentucky Center for Clinical and Translational Science (CCTS) Small Grant, \$3,750 (Funded).
 - Co-Principal Investigator (Clara Mitchinson)
 - Matthew A. Chatlaong and Haley C. Bergstrom served as consultants on this grant.
2. Loenneke JP. Principal Investigator (2026). "Independent Physiological Evaluation of an FDA-Cleared Jugular Vein Compression Device Following Sport-Mimicking, Exercise-Induced Fatigue: An N-of-1 Experimental Approach." Brain Injury Association of America \$25,000 (Under Review)
 - **William B. Hammert**, Yujiro Yamada, Enrique Moreno, and Robert Sallberg intellectually contributed to this grant.
3. Loenneke JP. Principal Investigator (2026). "Remote Conditioning Using Non-Local Blood Flow Restriction Walking to Enhance Fatigue Resistance in Constrained Operational Environments" Department of Defense [FY26 Special Operations Command - Biomedical and Human Performance Research and Development Award] \$512,848 (Not Funded)
 - **William B. Hammert**, Yujiro Yamada, Robert Sallberg, and Enrique Moreno intellectually contributed to this grant
4. Chatlaong MA. Principal Investigator (2025). "Impaired muscle oxidative capacity from maximal-intensity exercise: Effects and mechanisms of ischemic pre-conditioning." American College of Sports Medicine Research Endowment \$9,659.86 (Not Funded)
 - **William B. Hammert**, Ryo Kataoka, and Kealey Wohlgemuth served as consultants on this grant.
5. Loenneke JP. Principal Investigator (2025). "What percentage of arterial occlusion pressure corresponds to each individual Hytro setting in the upper body." Hytro \$11,247 (Funded)
 - **William B. Hammert**, Yujiro Yamada, and Robert Sallberg intellectually contributed to this grant.
6. Loenneke JP. Principal Investigator (2025). "An investigation into the effects of cooling, passive leg movement, and their combination on muscle recovery after mild exercise-induced muscle damage." National Operating Committee on Standards for Athletic Equipment (NOCSAE) \$249,999 (Not Funded)
 - **William B. Hammert**, Yujiro Yamada, Ryo Kataoka, and Robert Sallberg intellectually contributed to this grant.
7. Loenneke JP. Principal Investigator (2024). "The Use of Blood Flow Restriction (BFR) With and Without Voluntary Activation on Muscle Contractile Properties Following Muscle Injury." Wu Tsai Human Performance \$199,509 (Not Funded)
 - Yujiro Yamada, **William B. Hammert**, Ryo Kataoka, and Robert Sallberg intellectually contributed to this grant.
8. Loenneke JP. Principal Investigator (2024). "Can blood flow restriction augment high intensity muscular contractions? A need for SPEEDE." Speede \$38,766 (Not Funded)
 - **William B. Hammert**, Ryo Kataoka, Yujiro Yamada, and Robert Sallberg intellectually contributed to this grant.
9. Loenneke JP. Principal Investigator (2024). "Blood flow restriction (BFR) with and without voluntary activation on muscle contractile properties following muscle injury." National Operating Committee on Standards for Athletic Equipment (NOCSAE) \$246,133 (Not Funded)
 - **William B. Hammert**, Ryo Kataoka, and Yujiro Yamada intellectually contributed to this grant.
10. Loenneke JP. Principal Investigator (2024). "Are there sex differences in muscle recovery following intermittent pneumatic compression: Beyond the MEaNS." Therabody \$74,404 (Not Funded)
 - Co-Principal Investigator (**William B. Hammert**)
 - Co-Investigator (Yujiro Yamada)
 - Ryo Kataoka intellectually contributed to this grant
11. Loenneke JP. Principal Investigator (2024). "Can disuse-induced muscle weakness be prevented by combining the power of the mind with blood flow restriction?" FY24 Special Operations Command - Biomedical and Human Performance Research and Development Award. \$1,220,610 (Pre-Proposal).
 - Co-Investigator (Dr. Heather Landry Shirley)
 - Co-Investigator (Dr. Ruaa Al Juboori)
 - Ryo Kataoka, Yujiro Yamada, **William B. Hammert**, and Jun Seob Song intellectually contributed to this grant.

12. Loenneke JP. Principal Investigator (2023). “A Novel Strategy for Improving Anxiety and Blood Pressure Simultaneously.” National Heart, Lung, and Blood Institute. \$479,002 (Not Funded).
 - Co-Investigator (Dr. Matthew B. Jessee)
 - Co-Investigator (Dr. Ruaa Al Juboori)
 - Yujiro Yamada, **William B. Hammert**, Ryo Kataoka, and Jun Seob Song intellectually contributed to this grant.
13. Loenneke JP. Principal Investigator (2022). “A no cost solution to improving blood pressure and health equity.” The Robert Wood Johnson Foundation \$225,800 (Not Funded)
 - Robert Spitz, Jun Seob Song, Vickie Wong, Yujiro Yamada, Ryo Kataoka, and **William B. Hammert** intellectually contributed to this grant.
14. Buckner SL. Principal Investigator (2020) “Two studies testing the effect of the Neubie system on muscles and performance” Neurological Fitness Equipment and Ed LL. \$6,503. (Funded).
 - **William B. Hammert**, Ryo Kataoka, and Ecaterina Vasenina contributed to study conceptualization, writing, and data collection for this grant.

PEER-REVIEWED PUBLICATIONS

1. **Hammert, W. B.**, Yamada, Y., Sallberg, R. W., Moreno, E. N., Metcalf, E. E., Young, E. W., ... & Loenneke, J. P. (2026). High-and Low-Load Resistance Training Produce Distinct Skeletal Muscle Growth but Similar Changes in Tendon Morphology. *Medicine & Science in Sports and Exercise*. In press.
2. Song, J. S., **Hammert, W. B.**, Yamada, Y., Kataoka, R., & Loenneke, J. P. (2026). Does cross-education of strength depend on limb dominance? Testing baseline strength differences as moderator. *Journal of Trainology*, 15(2), 16-20.
3. Yamada, Y., Kang, A., **Hammert, W. B.**, Sallberg, R. W., Kataoka, R., Metcalf, E. E., & Loenneke, J. P. (2026). Inter-individual variability in pain perception and sensitivity responses to low-load exercise with an absolute or relative blood flow restriction pressure. *Journal of Sports Sciences*, 44(12), 1628-1640.
4. Moreno, E. N., **Hammert, W. B.**, Yamada, Y., Sallberg, R. W., Metcalf, E. E., Young, E. W., & Loenneke, J. P. (2026). Washout periods when studying skeletal muscle growth: Physiological and methodological considerations. *Medical Hypotheses*, 111972.
5. **Hammert, W.B.**, Song, J. S., Yamada, Y., Kataoka, R., Kang, A., Sallberg, R.W., ... & Loenneke, J.P. (2026). The Influence of Pre-Training Muscle Size on Strength Gain: An Exploratory Analysis. *International Journal of Strength and Conditioning*, 6(1).
6. **Hammert, W. B.**, Moreno, E. N., Sallberg, R. W., Yamada, Y., Metcalf, E. E., Young, E. W., ... & Loenneke, J. P. (2026). Rethinking task failure in resistance training research: a framework for submaximal exercise prescription. *European Journal of Applied Physiology*, 1-13.
7. Sallberg, R. W., Yamada, Y., **Hammert, W. B.**, Kataoka, R., Metcalf, E. E., Kang, A., & Loenneke, J. P. (2026). High-pressure blood flow restriction acutely reduces maximal torque and power. *Applied Physiology, Nutrition, and Metabolism*, 51, 1-8.
8. Kataoka, R., Yamada, Y., **Hammert, W. B.**, Sallberg, R.W., Kang, A., Song, J.S., ... & Loenneke, J.P. (2026). Skeletal muscles do not compete for growth: Activating additional muscle mass does not compromise changes in muscle size. *The Journal of Strength & Conditioning Research*. In press.
9. **Hammert, W. B.**, Kataoka, R., Yamada, Y., Sallberg, R. W., Kang, A., Buckner, S. L., & Loenneke, J. P. (2026). Non-Specific Strength Changes Between High-and Low-Load Isotonic Resistance Training: A Systematic Review and Meta-Analysis. *Sports Medicine*, 56(3), 763-773.
10. **Hammert, W. B.**, Kang, A., Yamada, Y., Kataoka, R., Sallberg, R., Metcalf, E. E., & Loenneke, J. P. (2025). Inter-Individual variability of acute cardiovascular responses to Low-Load resistance exercise with different methods of blood flow restriction. *Medicine & Science in Sports & Exercise*.
11. **Hammert, W. B.**, Yamada, Y., Sallberg, R. W., Metcalf, E., Kataoka, R., Song, J. S., ... & Loenneke, J. P. (2025). Using historical controls to evaluate resistance training-induced strength adaptations: Does history repeat itself?. *Journal of Sports Sciences*, 43(22), 2809-2819.
12. Kataoka, R., **Hammert, W. B.**, Yamada, Y., Sallberg, R. W., Kang, A., Song, J. S., ... & Loenneke, J. P. (2025). Submaximal low-load resistance exercise without blood flow restriction produces similar results to low-load exercise to failure for muscle size and strength, but not endurance. *European Journal of Applied Physiology*. In press.
13. Yamada, Y., Kataoka, R., **Hammert, W. B.**, Song, J. S., Kang, A., Kassiano, W., & Loenneke, J. P. (2025). Perceptual and hypoalgesic responses to submaximal knee extension exercise with different pressures and modes of blood flow restriction: Effect of estimated muscle metabolites. *Physiology International*.
14. Song, J. S., Kataoka, R., Yamada, Y., **Hammert, W. B.**, Kang, A., Wong, V., ... & Loenneke, J. P. (2025). Unilateral High-Load Resistance Training Increases Absolute but Not Relative Muscular Endurance in the Contralateral Untrained Limb. *Research Quarterly for Exercise and Sport*, 1-9.

15. **Hammert, W. B.**, Yamada, Y., Kataoka, R., Song, J. S., Spitz, R. W., Wong, V., ... & Loenneke, J. P. (2025). Changes in Absolute and Relative Muscular Endurance After Resistance Training: A Review of the Literature With Considerations for Future Research. *The Journal of Strength & Conditioning Research*, 39(4), 474-491.
16. Loenneke, J. P., **Hammert, W. B.**, Kataoka, R., Yamada, Y., & Abe, T. (2025). Twenty-five years of blood flow restriction training: What we know, what we don't, and where to next?. *Journal of Sports Sciences*, 1-18.
17. Spitz, R. W., Wong, V., Yamada, Y., Kataoka, R., Song, J. S., **Hammert, W. B.**, ... & Loenneke, J. P. (2025). Perceived discomfort is decreased after repeated bouts of isometric handgrip exercise with and without blood flow restriction. *Perceptual and Motor Skills*, 00315125251320137.
18. Yamada, Y., **Hammert, W. B.**, Kataoka, R., Song, J. S., Kang, A., Kassiano, W., & Loenneke, J. P. (2025). The role of the muscle metaboreflex on cardiovascular responses to submaximal resistance exercise with different pressures and modes of blood flow restriction. *Applied Physiology, Nutrition, and Metabolism*, 50, 1-9.
19. Yamada, Y., **Hammert, W. B.**, Kataoka, R., Song, J. S., Kang, A., & Loenneke, J. P. (2025). Limb dominance does not have a meaningful impact on arterial occlusion pressure. *Clinical physiology and functional imaging*, 45(1), e12906.
20. Song, J. S., Yamada, Y., Kataoka, R., **Hammert, W. B.**, Kang, A., Spitz, R. W., ... & Loenneke, J. P. (2024). Does Unilateral High-Load Resistance Training Influence Strength Change in the Contralateral Arm Also Undergoing High-Load Training?. *Scandinavian Journal of Medicine & Science in Sports*, 34(12), e14772.
21. Wong, V., Spitz, R. W., Bentley, J. P., Song, J. S., Yamada, Y., Kataoka, R., **Hammert, W. B.**, ... & Loenneke, J. P. (2024). Investigating the Influence of Limb Blood Flow on Contraction-Induced Muscle Growth and the Impact of That Growth on Changes in Maximal Strength. *Medicine & Science in Sports and Exercise*, 57(4), 867-875.
22. Spitz, R. W., Wong, V., Yamada, Y., Kataoka, R., Song, J. S., **Hammert, W. B.**, ... & Loenneke, J. P. (2024). The Effect of Isometric Handgrip Training With and Without Blood Flow Restriction on Changes in Resting Blood Pressure. *Research Quarterly for Exercise and Sport*, 1-8.
23. Kataoka, R., Yamada, Y., **Hammert, W. B.**, Kang, A., & Loenneke, J. P. (2025). Do skeletal muscles compete with each other for growth?. *Medical Hypotheses*, 194, 111525.
24. Kataoka, R., Yamada, Y., **Hammert, W. B.**, Song, J. S., Kassiano, W., Kang, A., & Loenneke, J. (2024). The Influence of Eccentric Muscle Actions on Concentric Muscle Strength: An Exception to the Principle of Specificity?. *International Journal of Strength and Conditioning*, 4(1).
25. **Hammert, W. B.**, Dankel, S. J., Kataoka, R., Yamada, Y., Kassiano, W., Song, J. S., & Loenneke, J. P. (2024). Methodological Considerations When Studying Resistance-Trained Populations: Ideas for Using Control Groups. *The Journal of Strength & Conditioning Research*, 38(12), 2164-2171.
26. **Hammert, W. B.**, Kataoka, R., Yamada, Y., Song, J. S., Kang, A., Spitz, R. W., & Loenneke, J. P. (2024). Progression of total training volume in resistance training studies and its application to skeletal muscle growth. *Physiological Measurement*, 45(8), 08TR03.
27. **Hammert, W. B.**, Kataoka, R., Yamada, Y., Song, J. S., & Loenneke, J. P. (2024). Blood flow restriction training attenuates changes in local muscle endurance: At odds with previous work?. *Experimental Physiology*, 109(8), 1395.
28. Song, J. S., Yamada, Y., Kataoka, R., **Hammert, W. B.**, Kang, A., & Loenneke, J. P. (2024). Cross-Education of Muscular Endurance: A Scoping Review. *Sports Medicine*, 1-13.
29. Song, J. S., **Hammert, W. B.**, Kataoka, R., Yamada, Y., Kang, A., & Loenneke, J. P. (2024). Individuals can be taught to sense the degree of vascular occlusion: Implications for practical blood flow restriction. *The Journal of Strength & Conditioning Research* 38 (8), 1413-1418.
30. Wong, V., Song, J. S., Yamada, Y., Kataoka, R., **Hammert, W. B.**, Spitz, R. W., & Loenneke, J. P. (2024). Is there evidence for the asymmetrical transfer of strength to an untrained limb?. *European Journal of Applied Physiology*, 1-8.
31. **Hammert, W. B.**, Moreno, E. N., & Buckner, S. L. (2024). The Importance of Previous Resistance Training Volume on Muscle Growth in Trained Individuals. *Strength & Conditioning Journal*, 46(2), 251-255.
32. **Hammert, W. B.**, Song, J. S., Yamada, Y., Kataoka, R., Wong, V., Spitz, R. W., ... & Loenneke, J. P. (2024). Blood flow restriction augments exercise-induced pressure pain thresholds over repetition and effort matched conditions. *Journal of Sports Sciences*, 1-12.
33. Spitz, R. W., Yamada, Y., Wong, V., Kataoka, R., **Hammert, W. B.**, Song, J. S., ... & Loenneke, J. P. (2024). Blood flow restriction pressure for narrow cuffs (5 cm) cannot be estimated with precision. *Physiological Measurement*.
34. Wong, V., Spitz, R. W., Song, J. S., Yamada, Y., Kataoka, R., **Hammert, W. B.**, ... & Loenneke, J. P. (2024). Blood flow restriction augments the cross-education effect of isometric handgrip training. *European Journal of Applied Physiology*, 1-11.
35. Kataoka, R., **Hammert, W. B.**, Yamada, Y., Song, J. S., Seffrin, A., Kang, A., ... & Loenneke, J. P. (2023). The Plateau in Muscle Growth with Resistance Training: An Exploration of Possible Mechanisms. *Sports Medicine*, 1-18.
36. **Hammert, W. B.**, Moreno, E. N., Vasenina, E., & Buckner, S. L. (2023). Muscular Adaptations Between Very Low Load Resistance Training With Pulsed Direct Current Stimulation (Neubie) and Traditional High Load Training. *Journal of Musculoskeletal & Neuronal Interactions*, 23(4), 377.

37. Moreno, E. N., **Hammert, W. B.**, Montgomery Jr, T. R., Abe, T., Loenneke, J. P., & Buckner, S. L. (2023). Skeletal muscle mass in competitive physique-based athletes (bodybuilding, 212 bodybuilding, bikini, and physique divisions): A case series. *American Journal of Human Biology*, e23978.
38. Song, J. S., Seffrin, A., Yamada, Y., Kataoka, R., **Hammert, W. B.**, Spitz, R. W., ... & Loenneke, J. P. (2023). Can we improve exercise-induced hypoalgesia with exercise training? An overview and suggestions for future studies. *Physical Therapy in Sport*.
39. Kataoka, R., Spitz, R. W., Wong, V., Bell, Z. W., Yamada, Y., Song, J. S., **Hammert, W. B.**, Dankel, S. J., Abe, T., & Loenneke, J. P. (2023). Sex segregation in strength sports: Do equal-sized muscles express the same levels of strength between sexes?. *American Journal of Human Biology*, 35(5), e23862.
40. Yamada, Y., Kang, A., Seffrin, A., Song, J. S., Kataoka, R., **Hammert, W. B.**, Spitz, R. W., Wong, V., & Loenneke, J.P. (2023). Potential considerations with estimating blood flow restriction pressure in the lower body using a narrower cuff. *European Journal of Applied Physiology*, 123(5), 937-943.
41. **Hammert, W. B.**, Kataoka, R., Yamada, Y., Seffrin, A., Kang, A., Song, J. S., Spitz, R.W., Wong, V., & Loenneke, J. P. (2023). The potential role of the myosin head for strength gain in hypertrophied muscle. *Medical Hypotheses*, 172, 111023.
42. Moreno, E. N., **Hammert, W. B.**, Martin, C. C., & Buckner, S. L. (2023). Acute muscular and cardiovascular responses to high load training with pre-exercise blood flow restriction. *Clinical Physiology and Functional Imaging*, 43(2), 109-119.
43. **Hammert, W. B.**, Moreno, E. N., Martin, C. C., Jessee, M. B., & Buckner, S. L. (2022). Skeletal Muscle Adaptations to High-Load Resistance Training With Pre-Exercise Blood Flow Restriction. *The Journal of Strength & Conditioning Research*, 10-1519.
44. Kataoka, R., Song, J. S., Yamada, Y., **Hammert, W. B.**, Seffrin, A., Spitz, R. W., ... & Loenneke, J. P. (2022). The Impact of Different Ischemic Preconditioning Pressures on Pain Sensitivity and Resistance Exercise Performance. *The Journal of Strength & Conditioning Research*, 10-1519.
45. Vasenina, E., **Hammert, W. B.**, Kataoka, R., Dankel, S. J., & Buckner, S. L. (2022). Injuries and Strength Training Practices in Collegiate Tennis. *Sports*, 10(10), 149.
46. Kataoka, R., Vasenina, E., **Hammert, W. B.**, Ibrahim, A. H., Dankel, S. J., & Buckner, S. L. (2022). Muscle growth adaptations to high-load training and low-load training with blood flow restriction in calf muscles. *European Journal of Applied Physiology*, 122(3), 623-634.
47. Vasenina, E., Kataoka, R., **Hammert, W. B.**, Ibrahim, A. H., Dankel, S. J., & Buckner, S. L. (2022). The acute muscular response following a novel form of pulsed direct current stimulation (Neubie) or traditional resistance exercise. *Journal of Musculoskeletal and Neuronal Interactions*. 1-10.
48. Vasenina, E., Kataoka, R., **Hammert, W. B.**, Ibrahim, A. H., Dankel, S. J., & Buckner, S. L. (2022). Examination of changes in echo intensity following resistance exercise among various regions of interest. *Clinical Physiology and Functional Imaging*, 42(1), 23-28.
49. Kataoka, R., Vasenina, E., **Hammert, W. B.**, Ibrahim, A. H., Dankel, S. J., & Buckner, S. L. (2021). Is there evidence for the suggestion that fatigue accumulates following resistance exercise?. *Sports Medicine*, 1-12.
50. **Hammert, W. B.**, Kataoka, R., Vasenina, E., Ibrahim, A. H., & Buckner, S. L. (2021). Is “periodization programming” periodization or programming?. *Journal of Trainology*, 10(2), 20-24.

BOOK CHAPTER

1. Buckner S.L., Stock, M.S., **Hammert, W.B.** (In press). *Types of Muscle Training*. In National Strength and Conditioning Association (Ed.), *Strength Training* (3rd ed.). Human Kinetics.

SCIENTIFIC ABSTRACTS AND PRESENTATIONS

1. **Hammert, W.B.**, Kataoka, R., Yamada, Y., Sallberg, R.W., Kang, A., Song, J.S., Kassiano, W., ... & Loenneke, J.P. (2025). *Low-load resistance training to failure enhances ischemic local muscular endurance capacity over submaximal low-load exercise with blood flow restriction* [Abstract #108]. *Medicine & Science in Sports & Exercise*, 57(10S). Thematic Poster presented at the American College of Sports Medicine (ACSM) Annual Conference, Atlanta, GA, May 28-May 30, 2025.
2. Kataoka, R., **Hammert, W.B.**, Yamada, Y., Sallberg, R.W., Kang, A., Song, J.S., Kassiano, W., ... & Loenneke, J.P. (2025). *The Influence of Blood Flow Restriction and Proximity to Failure on Changes in Muscle Strength* [Abstract #109]. *Medicine & Science in Sports & Exercise*, 57(10S). Thematic Poster presented at the American College of Sports Medicine (ACSM) Annual Conference, Atlanta, GA, May 28-May 30, 2025.
3. Kang, A., Yamada, Y., **Hammert, W.B.**, Kataoka, R., Sallberg, R.W., Metcalf E.E., ... & Loenneke, J.P. (2025). *Response Variation in Blood Pressure to Submaximal Blood Flow Restricted Exercise*. *Medicine & Science in Sports & Exercise* [Presentation #809]. 57(10S). American College of Sports Medicine (ACSM) Annual Conference, Atlanta, GA, May 28- May 30, 2025.

4. Kassiano, W., Song, J. S., Kataoka, R., **Hammert, W.B.**, Yamada, Y., Kang, A., ... & Loenneke, J. P. (2024). *The cross-education effect: Is there an asymmetrical transfer of strength between dominant and non-dominant limbs?* [Abstract #1315]. *Medicine & Science in Sports & Exercise*, 56(10S), 422-423. Poster presented at the ACSM Annual Conference, Boston, MA, May 29-31, 2024.
5. Wong, V., Spitz, R. W., Song, J. S., Yamada, Y., Kataoka, R., **Hammert, W.B.**, ... & Loenneke, J. P. (2024). *Investigating the mechanistic role of muscle growth on strength in response to isometric handgrip training* [Abstract #1304]. *Medicine & Science in Sports & Exercise*, 56(10S), 418. Poster presented at the ACSM Annual Conference, Boston, MA, May 29-31, 2024.
6. Yamada, Y., **Hammert, W.B.**, Kataoka, R., Song, J. S., Wong, V., Spitz, R., ... & Loenneke, J. P. (2024). *Perceptual and blood pressure responses to submaximal exercise with blood flow restriction* [Abstract #2615]. *Medicine & Science in Sports & Exercise*, 56(10S), 948-949. Thematic Poster presented at the ACSM Annual Conference, Boston, MA, May 29-31, 2024.
7. **Hammert, W.B.**, Song, J. S., Yamada, Y., Kataoka, R., Wong, V., Spitz, R., ... & Loenneke, J. P. (2024). *Can blood flow restriction augment submaximal resistance exercise-induced hypoalgesia?* [Abstract #1308]. *Medicine & Science in Sports & Exercise*, 56(10S), 420. Poster presented at the ACSM Annual Conference, Boston, MA, May 29-31, 2024.
8. Spitz, R. W., Yamada, Y., Wong, V., Kataoka, R., **Hammert, W.B.**, Song, J. S., ... & Loenneke, J. P. (2024). *Pressures for blood flow restricted exercise cannot be estimated with precision for narrow cuffs* [Abstract #170]. *Medicine & Science in Sports & Exercise*, 56(10S), 41. Poster presented at the ACSM Annual Conference, Boston, MA, May 29-31, 2024.
9. Kang, A., **Hammert, W.B.**, Song, J. S., Kataoka, R., Yamada, Y., Wong, V., ... & Loenneke, J. P. (2024). *Ischemic pain threshold and tolerance are not altered following submaximal blood flow restriction exercise* [Abstract #1319]. *Medicine & Science in Sports & Exercise*, 56(10S), 424-425. Poster presented at the ACSM Annual Conference, Boston, MA, May 29-31, 2024.
10. Spitz, R. W., Wong, V., Yamada, Y., Song, J. S., Kataoka, R., **Hammert, W.B.**, ... & Loenneke, J. P. (2023). *Low intensity isometric contractions with or without blood flow restriction do not lower blood pressure* [Abstract #606]. *Medicine & Science in Sports & Exercise*, 55(9S), 201. Poster presented at the ACSM Annual Conference, Denver, CO, May 30-June 3, 2023.
11. Kataoka, R., Spitz, R. W., Wong, V., Bell, Z. W., Yamada, Y., Song, J. S., **Hammert, W.B.**, ... & Loenneke, J. P. (2023). *Sex segregation in strength sports: Do equal-sized muscles express the same levels of strength?* [Abstract #623]. *Medicine & Science in Sports & Exercise*, 55(9S), 209. Poster presented at the ACSM Annual Conference, Denver, CO, May 30-June 3, 2023.
12. Wong, V., Spitz, R. W., Song, J. S., Yamada, Y., Kataoka, R., **Hammert, W.B.**, ... & Loenneke, J. P. (2023). *The influence of unilateral handgrip training with blood flow restriction on the cross-education of strength* [Abstract #622]. *Medicine & Science in Sports & Exercise*, 55(9S), 208-209. Poster presented at the ACSM Annual Conference, Denver, CO, May 30-June 3, 2023.
13. Kang, A., Wong, V., Spitz, R. W., Kataoka, R., Song, J. S., Yamada, Y., **Hammert, W.B.**, ... & Loenneke, J. P. (2023). *Effect of handgrip training with blood flow restriction on resting blood flow and vascular resistance* [Abstract #1220]. *Medicine & Science in Sports & Exercise*, 55(9S), 395. Poster presented at the ACSM Annual Conference, Denver, CO, May 30-June 3, 2023.
14. **Hammert, W.B.**, Kataoka, R., Yamada, Y., Kang, A., Wong, V., Spitz, R. W., ... & Loenneke, J. P. (2023). *Are the effects of ischemic preconditioning on fatigue performance testing influenced by the applied pressure?* [Abstract #630]. *Medicine & Science in Sports & Exercise*, 55(9S), 211-212. Poster presented at the ACSM Annual Conference, Denver, CO, May 30-June 3, 2023.
15. Moreno, E. N., **Hammert, W.B.**, Martin, C. C., & Buckner, S. L. (2023). *The influence of pre-exercise blood flow restriction on muscle size and strength adaptations* [Abstract #2096]. *Medicine & Science in Sports & Exercise*, 55(9S), 681. Poster presented at the ACSM Annual Conference, Denver, CO, May 30-June 3, 2023.
16. Seffrin, A., Kang, A., Yamada, Y., Kataoka, R., Wong, V., Spitz, R. W., Song, J. S., **Hammert, W.B.**, ... & Loenneke, J. P. (2023). *Discomfort responses to repeated bouts of isometric handgrip exercise with and without blood flow restriction* [Abstract #535]. *Medicine & Science in Sports & Exercise*, 55(9S), 173. Thematic Poster presented at the ACSM Annual Conference, Denver, CO, May 30-June 3, 2023.
17. Moreno, E. N., **Hammert, W.B.**, Martin, C. C., & Buckner, S. L. (2023). *The influence of pre-exercise blood flow restriction on muscle size and strength adaptations*. *International Journal of Exercise Science: Conference Proceedings*, 16(2), 83. Poster presented at SEACSM Annual Meeting, Greenville, SC, Feb 17-19, 2022.
18. Moreno, E. N., **Hammert, W.B.**, Vasenina, E., Kataoka, R., & Buckner, S. L. (2022). *Changes in muscle thickness, strength, and soreness following resistance training with direct pulsed current* [Abstract #1637]. *Medicine & Science in Sports & Exercise*, 54(9S), 392. Poster presented at the ACSM Annual Conference, San Diego, CA, June 1-5, 2022.
19. **Hammert, W.B.**, Kataoka, R., Vasenina, E., Ibrahim, A. H., & Buckner, S. L. (2022). *Muscle growth adaptations to high-load and low-load training with blood flow restriction in calf muscles* [Abstract #1610]. *Medicine & Science in Sports & Exercise*, 54(9S), 385. Poster presented at the ACSM Annual Conference, San Diego, CA, June 1-5, 2022.
20. **Hammert, W.B.**, Kataoka, R., Vasenina, E., Ibrahim, A. H., & Buckner, S. L. (2022). *Muscle growth adaptations to high-load and low-load training with blood flow restriction in calf muscles*. Rapid Research Race Presentation at Southeast American College of Sports Medicine (SEACSM) Annual Meeting, Greenville, SC, February 17-19, 2022.
21. Vasenina, E., **Hammert, W.B.**, Kataoka, R., Dankel, S. J., & Buckner, S. L. (2022). *Injuries and strength and conditioning practices in collegiate tennis*. *International Journal of Exercise Science: Conference Proceedings*, 16(1), 163. Poster presented at SEACSM Annual Meeting, Greenville, SC, Feb 17-19, 2022.

22. Vasenina, E., Kataoka, R., **Hammert, W.B.**, & Buckner, S. L. (2021). *An examination of changes in echo intensity following resistance exercise using various regions of interest* [Abstract #350]. *Medicine & Science in Sports & Exercise*, 53(8S), 109. Poster presented at the American College of Sports Medicine (ACSM) Annual Conference, 2021.

TEACHING EXPERIENCE

University of Kentucky

Fall 2026

- KHP 445 Introduction to Tests & Measurements (Section 004)
- KHP 577 Practicum in Kinesiology and Health Promotion (Section 002)

University of Mississippi

Fall 2025

- ES 348 Exercise Physiology (Section 1)

Summer 2025

- ES 348 Exercise Physiology (Section 1)

Spring 2025

- EL 153 Sports Conditioning (Section 2)
- ES 349 Exercise Physiology Laboratory (Section 1)
- ES 350 Research Methods in HESRM (Section 1)

Winter 2025

- ES 350 Research Methods in HESRM (Online 1)

Fall 2024

- ES 347 Kinesiology Laboratory (Section 6)
- ES 349 Exercise Physiology Laboratory (Section 5)
- ES 350 Research Methods in HESRM (Section 1)

Summer 2024

- ES 348 Exercise Physiology (Section 1)
- ES 349 Exercise Physiology Laboratory (Section 1)

Spring 2024

- ES 347 Kinesiology Laboratory (Sections 5 & 6)
- ES 349 Exercise Physiology Laboratory (Sections 2 & 5)
- ES 357 Exercise Testing and Prescription Laboratory (Sections 3 & 4)

Winter 2024

- PH 203 First Aid and CPR (Online 3\)

Fall 2023

- ES 347 Kinesiology Laboratory (Sections 1 & 2)
- ES 349 Exercise Physiology Laboratory (Sections 1 & 5)

University of South Florida

Spring 2022

- APK 3120 Exercise Physiology
- PET 4550 Clinical Exercise Testing and Prescription Laboratory

Fall 2021

- APK 3120 Exercise Physiology
- PET 4088 Individual Fitness and Wellness Programs

Spring 2021

- APK 3120 Exercise Physiology

Fall 2020

- APK 3120 Exercise Physiology

SERVICE

Service to the Field

- International Journal of Sports Science & Coaching - External Peer Reviewer (August 24, 2026)
- Archives of Physical Medicine and Rehabilitation - External Peer Reviewer (April 6, 2026; April 15, 2026)
- Frontiers in Pain Research - External Peer Reviewer (March 11, 2026)
- Physical Therapy in Sport - External Peer Reviewer (January 30, 2026; May 5, 2026)
- Journal of Science and Medicine in Sport - External Peer Reviewer (December 13, 2025)
- Experimental Gerontology - External Peer Reviewer (October 25, 2025)
- Journal of Exercise Science & Fitness - External Peer Reviewer (September 8, 2025; May 19, 2026; June 21, 2026; July 6, 2026)
- Sports Science for Health - External Peer Reviewer (July 29, 2025; October 4, 2025; November 3, 2025; March 9, 2026)
- BMC Sports Science, Medicine and Rehabilitation - External Peer Reviewer (June 17, 2025; September 8, 2025; December 27, 2025; December 27, 2025; June 12, 2026; September 13, 2025)
- Scientific Reports - External Peer Reviewer (June 3, 2025; July 12, 2025; August 11, 2026)
- British Journal of Sports Medicine - External Peer Reviewer (March 26, 2025)
- PLOS One - External Peer Reviewer (August 7, 2025; February 26, 2025; March 29, 2026; April 26, 2026; August 29, 2026)
- Measurement in Physical Education and Exercise Science - External Peer Reviewer (December 10, 2024; June 4, 2026; August 13, 2026)
- BMC Musculoskeletal Disorders - External Peer Reviewer (November 28, 2024)
- Research Quarterly for Exercise and Sport - External Peer Reviewer (November 23, 2023; January 16, 2024; February 13, 2025; October 10, 2025)
- PeerJ - External Peer Reviewer (June 30, 2023; September 21, 2023; December 11, 2024; April 4, 2025)

Service to the University

University of Kentucky

- Departmental Seminar Presenter, *From Methods to Muscle: Studying Adaptation to Resistance Exercise* - Department of Kinesiology and Health Promotion (September 11, 2026)

University of Mississippi

- Search Committee Member, Department Chair Search Committee - Department of Health, Exercise Science, and Recreation Management (Spring 2026)
- Department Representative, Mississippi Day (April 11, 2026; April 12, 2025; April 13, 2024; April 15, 2023)
- Student Representative, Exercise Science Faculty Search Committee (March 18, 2024; March 21, 2024; October 30, 2024; November 6, 2024; December 6, 2024)