

EDUCATION

East Tennessee State University, Johnson City, TN

Ph.D. Sport Physiology and Performance

2026

Dissertation: "Effects of Different Recovery Modalities on Performance and Recovery Following High-Volume Resistance Training"

Committee: Dr. Marco Duca (chair), Dr. Michael Stone, Dr. Satoshi Mizuguchi, Dr. Kevin Carroll

Graduate Certificate in Data Analytics

2026

University of North Carolina Greensboro, Greensboro, NC

M.S. Kinesiology

2021

Capstone: "Designing a Resistance Training Program for Untrained Subjects"

Supervisor: Dr. Allan Goldfarb

Sungkyunkwan University, Suwon, Republic of Korea

B.S. Sport Science

2019

Department Valedictorian, Class of 2019

Nipissing University, North Bay, ON, Canada

Undergraduate Exchange Student, Physical and Health Education

2017 - 2018

TEACHING EXPERIENCE

Department of Human Performance and Health, University of South Carolina Upstate

Visiting Assistant Professor

Fall 2026 - Present

- EXSC U455/U455L: Fitness Assessment and Prescription/Lab

- Teach principles and laboratory applications of health and fitness assessment, exercise testing, and individualized exercise prescription, with emphasis on preparation for the **ACSM Certified Exercise Physiologist (ACSM-EP) examination**.

- EXSC U457: Essentials of Strength and Conditioning

- Teach scientific principles and practical applications of strength and conditioning, including resistance training, performance testing, periodized program design, and preparation for the **NSCA Certified Strength and Conditioning Specialist (CSCS) examination**.

- EXSC U499: Research Seminar

- Guide undergraduate students in reading and critically evaluating scientific literature and developing research proposals to strengthen their understanding and application of the research process.

Department of Exercise Science, East Tennessee State University

Primary Instructor

Fall 2025 - Spring 2026

- PEXS 4061: Exercise Fitness Testing

- Instructed students on exercise testing protocols for body composition, strength, power, sprint, and cardiovascular fitness assessment.

Teaching Assistant/Co-Instructor

Fall 2024

- PEXS 4061: Exercise Fitness Testing

- Assisted in instruction and evaluation of exercise testing protocols for body composition, strength, power, endurance, and functional fitness assessment.

- PEXS 4656: Sport Conditioning

- Taught principles and applications of strength and conditioning with emphasis on CSCS exam preparation.

Department of Kinesiology, University of North Carolina Greensboro

Teaching Assistant/Instructor

Fall 2020 - Fall 2021

- KIN 250: Introduction to Kinesiology

- Introduced students to professional career pathways in kinesiology and discussed field-specific demands and qualifications.

- KIN 292: Clinical Human Physiology

- Assisted in instruction of human physiology concepts with emphasis on clinical applications.

- KIN 375L: Physiology of Sport and Physical Activity Laboratory
 - Provided hands-on instruction in exercise physiology laboratory assessment and measurement techniques.

TEACHING DEVELOPMENT

Pedagogical Training

GRAD 5110: Teaching Pedagogy

August 2025 - December 2025

- Graduate seminar on college instruction including course design and evidence-based teaching strategies.
- Topics included learning theories, inclusive pedagogy, syllabus design, case-based discussion, and formative and summative assessment strategies.

PROFESSIONAL EXPERIENCE

East Tennessee State University, Johnson City, TN

Sport Scientist and Strength and Conditioning Coach (Men's Soccer)

January 2026 - June 2026

- Led strength and conditioning, on-field warm-ups, and athletic monitoring for 23 NCAA Division I men's soccer athletes, integrating GPS-derived workload metrics and performance testing data into individualized training programs.
- Generated daily and weekly training and competition reports to support data-informed adjustments in training intensity and volume.
- Collaborated with coaches and athletic trainers to monitor athlete readiness and provided feedback on performance status and recovery trends.

Exercise and Sport Science Lab Testing Coordinator

August 2023 - June 2026

- Scheduled and coordinated athletic monitoring, sport science research, and performance testing for NCAA Division I and NAIA athletics programs, overseeing physiological, biomechanical, and performance assessments.
- Communicated performance data and testing results to coaches and staff to support training and recovery decisions.
- Trained graduate students in data collection protocols, including use of force plates and BIA systems for athletic monitoring.

Strength and Conditioning Coach (Men's and Women's Golf)

August 2024 - January 2026

- Conducted performance profiling and body composition assessments for 18 NCAA Division I golfers using IMTP, vertical jump, and BIA testing to track progress and inform individualized training interventions.
- Designed and implemented golf-specific mobility and strength and conditioning programs focusing on strength, power, balance, and injury prevention.

Milligan University, Elizabethton, TN

Strength and Conditioning Coach (Men's and Women's Bowling)

August 2023 - May 2024

- Designed and implemented individualized strength and conditioning programs for 32 NAIA collegiate bowling athletes, with emphasis on power development and trunk stability.
- Monitored progress through regular testing and in-session observations to adjust training for individual athletes.

Stretch Zone, Greensboro, NC

Stretch Practitioner

May 2022 - December 2022

- Delivered practitioner-assisted stretching sessions to clients using standardized protocols based on functional anatomy and flexibility assessments.
- Provided individualized flexibility programs targeting joint mobility and muscular tension relief.

Kathleen Price Bryan Family YMCA, Greensboro, NC

Personal Trainer and Wellness Coach

March 2022 - December 2022

- Conducted individualized and small group exercise sessions for general population clients with diverse fitness goals.
- Designed personalized programs incorporating resistance training, cardiovascular conditioning, and functional movement.

Shred 415, Greensboro, NC

Group Exercise Instructor

March 2022 - July 2022

- Led high-energy group fitness classes combining interval training and resistance circuits.

Cone Health Outpatient Clinic / O'Halloran Rehabilitation, Greensboro, NC

Physical Therapy Intern

May 2022 - July 2022

- Shadowed licensed physical therapists during evaluation and treatment sessions for patients with orthopedic and neurological conditions.

Wake Forest University, Winston-Salem, NC

Strength and Conditioning Intern

August 2021 - December 2021

- Assisted head strength and conditioning coaches in delivering periodized training sessions for NCAA Division I athletes.
- Supported programming and monitoring for multiple teams, including soccer, field hockey, track and field, baseball, cross country, volleyball, and tennis.

Oregon State University, Corvallis, OR

Athletic Training Intern

June 2019 - August 2019

- Assisted certified athletic trainers in delivering integrated care and performance support for NCAA Division I athletes.
- Supported daily training, rehabilitation, and monitoring activities for football and soccer teams.
- Gained hands-on experience in athlete assessment, injury prevention, and interdisciplinary communication within a high-performance environment.

SKKU Fitness, Suwon, Republic of Korea

Head Personal Trainer and Director of Fitness Training

March 2016 - July 2017

- Directed personal training and facility operations, overseeing fitness programming for students, faculty, and student-athletes while supervising staff development, continuing education, and service quality initiatives.
- Provided continuing education, technical support, and mentorship to personal training staff to improve coaching effectiveness and client satisfaction.

Republic of Korea Air Force

Tactical Fitness Trainer | Staff Sergeant

November 2013 - November 2015

- Delivered physical readiness training for enlisted personnel across Army, Navy, and Air Force units assigned to the Joint Operations Command at Osan Base.
- Supervised daily operations of a military fitness facility, providing instruction and oversight for resistance training and physical readiness programs for tactical athletes.

SCHOLARLY PRESENTATIONS

Poster Presentations

International Coaching and Sport Science College, Johnson City, TN (November 7-8, 2025)

Park, K., You, C., Andersohn, M., Dennis, J., Hammond, W., Faust, T., Carroll, K., Mizuguchi, S., Stone, M. H., Duca, M. Effects of Different Recovery Modalities on Performance and Recovery Following High-Volume Resistance Training

International Coaching and Sport Science College, Johnson City, TN (November 1-2, 2024)

Barquero, F., Park, K., Dennis, J., Lis, R. P., Liu, H., Stone, M. H. Effect of Resistance Training on Vastus Lateralis Morphology via Ultrasound: A Systematic Review with Meta-Analysis

Barquero, F., Park, K., Dennis, J., Lis, R. P., Liu, H., Stone, M. H. Effect of Resistance Training on Rectus Femoris Morphology via Ultrasound: A Systematic Review with Meta-Analysis

Barquero, F., Salazar, W., Park, K., Stone, M. H. Running Sprint Post-Activation Performance Enhancement Following a Resistance Training Condition Activity: A Systematic Review with Meta-Analysis

AWARDS

1st Place Overall Winner - Sport Science Poster Presentation

International Coaching and Sport Science College, Johnson City, TN (November 7-8, 2025)

Sport Science Department Valedictorian

Sungkyunkwan University, Suwon, Republic of Korea (February 2019)

Sport Science Department Academic Scholarship

Sungkyunkwan University, Suwon, Republic of Korea (2016 - 2017)

1st Place (-70 kg) & University President's Award - Mr. SKKU Bodybuilding

Sungkyunkwan University, Suwon, Republic of Korea (November 2016)

1st Place (-70 kg) & Fight of the Day Award - Suwon Amateur Boxing

Korea Boxing Institution, Suwon, Republic of Korea (June 2012)

1st Place (High School -70 kg) - Busan Amateur Bodybuilding

Korea Bodybuilding Federation, Busan, Republic of Korea (October 2010)

Elite Warrior Award

Republic of Korea Air Force (January 2014 - November 2015)

Top Graduate - Basic Military Training

Republic of Korea Air Force (January 2014)

CERTIFICATIONS AND PROFESSIONAL MEMBERSHIPS

Member of the National Strength and Conditioning Association, 2016-Present

Certifications: United States

Certified Stretch Practitioner, National Certification Board for Therapeutic Massage and Bodywork, 2022

Certified Strength and Conditioning Specialist, National Strength and Conditioning Association, 2018-Present

NSCA-Certified Personal Trainer, National Strength and Conditioning Association, 2016-Present

Certifications: Republic of Korea

Certified Bodybuilding Leader, Korean Bodybuilding Association, 2017

NSCA Korea-Certified Personal Trainer (LV 2), National Strength and Conditioning Association, 2016

National Boxing Coach Certification, Korean Ministry of Sports, 2014

National Bodybuilding Coach Certification, Korean Ministry of Sports, 2012

TECHNICAL EXPERTISE

Athletic Monitoring and Performance Testing

- GPS Load Monitoring and Reporting (Catapult)
- Portable and Fixed Force Plate Testing and Analysis (VALD ForceDecks, Rice Lake Force Plates)
- Metabolic Testing (Cosmed Metabolic Cart, Monark Bike)
- Field Testing Setup and Implementation (Yo-Yo IR1, various distance running)
- Timing Gates and OptoJump (Speed/Change-of-Direction Testing)
- Ultrasound Imaging and Analysis
- Skinfold Assessment and Interpretation
- Hydration and Blood Lactate Testing

Data Analytics and Reporting

- R | SQL | Python | Excel | Power BI | Tableau
- Data Analysis, Visualization, and Presentation | Dashboard Development | Sport Science Reporting