

J. Grant Mouser

EDUCATION

PhD - Health and Kinesiology College of Applied Sciences, University of Mississippi Concentration – Exercise Physiology Dissertation: Acute and Chronic Vascular Responses to Blood Flow Restriction in the Upper Body	May 2018 University, MS
Interdisciplinary Certificate - Applied Statistics Graduate College, University of Mississippi	May 2018 University, MS
Master of Science - Exercise Physiology College of Arts & Sciences, University of Oklahoma Thesis: The Effects of Differing Levels of Blood Flow Restriction on Brachial Blood Flow	May 2015 Norman, OK
Bachelor of Science - Health and Exercise Science College of Arts & Sciences, University of Oklahoma	May 2013 Norman, OK
BBA - Management Information Systems Michael F. Price College of Business, University of Oklahoma	May 2007 Norman, OK

EXPERIENCE

Assistant Professor Department of Kinesiology and Health Promotion, Troy University	August 2018 – Present Troy, AL
Graduate Instructor/Researcher Department of Health, Exercise Science, and Recreation Management, University of Mississippi	August 2015 – May 2018 University, MS
Graduate Instructor/Researcher Department of Health and Exercise Science, University of Oklahoma	Aug. 2013 – May 2015 Norman, OK
Undergraduate Teaching Assistant Human Cadaver Lab, Department of Biology, University of Oklahoma	Aug. 2010 – Dec. 2011 Norman, OK

COURSES TAUGHT

Troy University

- KHP 4459 – Sport and Exercise Nutrition
- KHP 4487 – Special Topics in Exercise Performance
- KHP 4488 – Issues and Practice in Cardiac Rehabilitation
- KHP 6671 – Advanced Exercise Physiology

University of Mississippi

- ES 348 – Exercise Physiology
- ES 349 – Exercise Physiology Laboratory
- ES 391 – Trends and Topics in Exercise Science
- ES 396 – Allied Health Terminology
- ES 396 – Allied Health Terminology Online
- ES 456 – Exercise Testing and Prescription
- HP 203 – First Aid and CPR/AED

SCHOLARSHIP

Grants

- Loenneke JP. Principal Investigator (2017). “Have improper analyses cost us millions: reassessing inter-individual responses to exercise.” National Institutes of Aging. \$300,000 (In Review). Dankel SJ, Buckner SL, Jessee MB, **Mouser JG**, Mattocks KT contributed to this grant.
- Loenneke JP. Principal Investigator (2017). “The muscular and vascular effects of very low loads with and without different levels blood flow restriction.” American College of Sports Medicine \$10,000 (Unfunded). Buckner SL, Dankel SJ, Jessee MB, **Mouser JG**, Mattocks KT contributed to this grant.
- Loenneke JP. Principal Investigator (2016). “Does low load exercise in combination with blood flow restriction attenuate muscle damage and/or confer a protective effect to a subsequent bout of high load exercise in statin users?” National Institutes of Aging. \$144,000 (Unfunded). Buckner SL, Dankel SJ, Jessee MB, **Mouser JG**, Mattocks KT contributed to this grant.
- **Mouser JG**. Principal Investigator (2014). “The effects of relative blood flow restriction on blood flow in the arm at rest.” Robberson Research Grant. \$1,000 (Funded)

Journal publications

- **Mouser JG**, Jessee MB, Mattocks KT, Bell ZW, Buckner SL, Dankel SJ, Abe T, Loenneke JP. “Blood flow restriction: Methods matter.” *Experimental Gerontology*. 2018.
- Dankel SJ, Jessee MB, Mattocks KT, Buckner SL, **Mouser JG**, Bell ZW, Abe T, Loenneke JP. “Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure.” *Clinical Physiology and Functional Imaging*. 2018.
- Laurentino GC, Loenneke JP, **Mouser JG**, Buckner SL, Counts BR, Dankel SJ, Jessee MB, Mattocks KT, Iared W, Tavares LD, Teixeira EL, Tricoli V. “Validity of the handheld doppler to determine lower-limb blood flow restriction pressure for exercise protocols.” *Journal of Strength and Conditioning Research*. 2018.
- Hill CM, Wilson SJ, **Mouser JG**, Donahue PT, Chander H. “Motor adaptation during repeated motor control testing: attenuated muscle activation without changes in response latencies.” *Journal of Electromyography and Kinesiology*. 41:96-102. 2018.
- Bell JW, Buckner SL, Jessee MB, **Mouser JG**, Mattocks KT, Dankel SJ, Abe T, Loenneke JP. “Moderately heavy exercise produces lower cardiovascular, RPE, and discomfort compared to lower load exercise with and without blood flow restriction.” *European Journal of Applied Physiology*. 2018.
- Abe T, Dankel SJ, Buckner SL, Jessee MB, Mattocks KT, **Mouser JG**, Bell ZW, Loenneke JP. “Differences in 100-m sprint performance and skeletal muscle mass between elite male and female sprinters: a retrospective analysis.” *Journal of Sports Medicine and Physical Fitness*. 2018.
- Abe T, Buckner SL, Dankel SJ, Jessee MB, Mattocks KT, **Mouser JG**, Loenneke JP. “Skeletal muscle mass in human athletes: What is the upper limit?” *American Journal of Human Biology*. 2018.
- **Mouser JG**, Dankel SJ, Mattocks KT, Jessee MB, Buckner SL, Abe T, Loenneke JP. “Blood flow restriction and cuff width: Effect on blood flow in the legs.” *Clinical Physiology & Functional Imaging*. 2017.
- Dankel SJ, **Mouser JG**, Mattocks KT, Jessee MB, Buckner SL, Bell ZW, Abe T, Loenneke JP. “Changes in muscle size via MRI and ultrasound: Are they equivalent?” *Scandinavian Journal of Medicine & Science in Sports*. 2017.
- Dankel SJ, Mattocks KT, **Mouser JG**, Buckner SL, Jessee MB, Loenneke JP. “A critical review of the current evidence examining whether resistance training improves time trial performance.” *Journal of Sports Science*. 2017.
- Dankel SJ, Buckner SL, Jessee MB, **Mouser JG**, Mattocks KT, Loenneke JP. “Correlations do not show cause and effect: not even for changes in muscle size and strength.” *Sports Medicine*. 2017.
- Buckner SL, Dankel SJ, **Mouser JG**, Mattocks KT, Jessee MB, Loenneke JP. “Chasing the top quartile of cross-sectional data: is it possible with resistance training?” *Medical Hypotheses*. 2017.
- Dankel SJ, Mattocks KT, Jessee MB, Buckner SL, **Mouser JG**, Loenneke JP. “Do metabolites that are produced during resistance exercise enhance muscle hypertrophy?” *European Journal of Applied Physiology*. 2017.
- **Mouser JG**, Laurentino GC, Dankel SJ, Buckner SL, Jessee MB, Counts BR, Mattocks KT, Loenneke JP. “Blood flow in humans following low-load exercise with and without blood flow restriction.” *Applied Physiology, Nutrition, and Metabolism*. 2017.
- Jessee MB, Mattocks KT, Buckner SL, Dankel SJ, **Mouser JG**, Abe T, Loenneke JP. “Mechanisms of blood flow restriction:

the new testament.” Techniques on Orthopaedics. 2017.

- Dankel SJ, Jessee MB, Buckner SL, **Mouser JG**, Mattocks KT, Loenneke JP. “Are higher blood flow restriction pressures more beneficial when lower loads are used?” *International Physiology*. 2017.
- Dankel SJ, **Mouser JG**, Jessee MB, Mattocks KT, Buckner SL, Loenneke JP. “Post-exercise blood flow restriction attenuates hyperemia similarly in males and females.” *European Journal of Applied Physiology*. 117(8), 1707-1712. 2017.
- Counts BR, Buckner SL, **Mouser JG**, Dankel SJ, Jessee MB, Mattocks KT, Loenneke JP. “Muscle growth: to infinity and beyond?” *Muscle and Nerve*. 2017.
- **Mouser JG**, Dankel SJ, Jessee MB, Mattocks KT, Buckner SL, Counts BR, Loenneke JP. “A tale of three cuffs: the hemodynamics of blood flow restriction.” *European Journal of Applied Physiology*. 117(7), 1493-1499. 2017.
- Mattocks KT, Buckner SL, Jessee MB, Dankel SJ, **Mouser JG**, Loenneke JP. “Practicing the test produces strength equivalent to higher volume training.” *Medicine and Science in Sports and Exercise*. 2017.
- SL Buckner, Dankel SJ, Mattocks KT, Jessee MB, **Mouser JG**, Loenneke JP. “Muscle size and strength: another study not designed to answer the question.” *European Journal of Applied Physiology*. 117(6), 1273-1274. 2017.
- **Mouser JG**, Ade CJ, Black CD, Bemben DA, Bemben MG. “Brachial blood flow under relative levels of blood flow restriction is decreased in a non-linear fashion.” *Clinical Physiology and Functional Imaging*. 2017.
- Jessee MB, Dankel SJ, Buckner SL, **Mouser JG**, Mattocks KT, Loenneke JP. “The cardiovascular and perceptual response to very low load blood flow restricted exercise.” *International Journal of Sports Medicine*. 38(8), 597-603. 2017.
- Buckner SL, **Mouser JG**, Dankel SJ, Jessee MB, Mattocks KT, Loenneke JP. “The general adaptation syndrome: potential misapplications to resistance exercise.” *Journal of Science and Medicine in Sport*. 2017.
- Jessee MB, Mattock KT, Buckner SL, **Mouser JG**, Counts BR, Dankel SJ, Laurentino GC, Loenneke JP. “The acute muscular response to blood flow-restricted exercise with very low relative pressure.” *Clinical Physiology and Functional Imaging*. 2017.
- Ingram JW, Dankel SJ, Buckner SL, Counts BR, **Mouser JG**, Abe T, Laurentino GC, Loenneke JP. “The influence of time on determining blood flow restriction pressure.” *Journal of Science & Medicine in Sport*. 20(8), 777-780. 2017.
- Loenneke JP, Rossow LM, Fahs CA, Thiebaud RS, **Mouser JG**, Bemben MG. “Time-course of muscle growth, and its relationship with muscle strength in both young and older women.” *Geriatrics & Gerontology International*. 2017.
- Mattocks KT, Jessee MB, Counts BR, Buckner SL, **Mouser JG**, Dankel SJ, Laurentino GC, Loenneke JP. “The effects of upper body exercise across different levels of blood flow restriction on arterial occlusion pressure and perceptual responses.” *Physiology & Behavior*. 171, 181-186. 2017.
- Dankel SJ, Buckner SL, Jessee MB, Mattocks KT, **Mouser JG**, Counts BR, Laurentino GC, Loenneke JP. “Can blood flow restriction augment muscle activation during high-load training?” *Clinical Physiology & Functional Imaging*. 2017.
- Buckner SL, **Mouser JG**, Jessee MB, Dankel SJ, Mattocks KT, Loenneke JP. “What does individual strength say about resistance training status?” *Muscle & Nerve*. 55(4), 455-457. 2017.
- Buckner SL, Dankel SJ, Counts BR, Jessee MB, **Mouser JG**, Mattocks KT, Laurentino GC, Abe T, Loenneke JP. “Influence of cuff material on blood flow restriction stimulus in the upper body.” *Journal of Physiological Sciences*. 67(1), 207-215. 2017.
- Buckner SL, Dankel SJ, Mattocks KT, Jessee MB, **Mouser JG**, Counts BR, Laurentino GC, Loenneke JP. “Differentiating swelling and hypertrophy through indirect assessment of muscle damage in untrained men following repeated bouts of resistance exercise.” *European Journal of Applied Physiology*. 117(1), 213-224. 2016.
- Buckner SL, Dankel SJ, Mattocks KT, Jessee MB, **Mouser JG**, Counts BR, Loenneke JP. “The problem of muscle hypertrophy: revisited.” *Muscle & Nerve*. 54(6), 1012-1014. 2016.
- **Mouser JG**, Loprinzi PD, Loenneke JP. “The association between physiologic testosterone levels, lean mass, and fat mass in a nationally representative sample of men in the United States.” *Steroids*. 115, 62-66. 2016.
- Dankel SJ, **Mouser JG**, Mattocks KT, Counts BR, Jessee MB, Buckner SL, Loprinzi PD, Loenneke JP. “The widespread misuse of effect sizes.” *Journal of Science and Medicine in Sport*. 20(5), 446-450. 2016.
- Dankel SJ, Mattocks KT, Jessee MB, Buckner SL, **Mouser JG**, Counts BR, Laurentino GC, Loenneke JP. “Frequency: the overlooked resistance training variable for inducing muscle hypertrophy?” *Sports Medicine*. 47(5), 799-805. 2016.
- Counts BR, Rossow LM, Mattocks KT, **Mouser JG**, Jessee MB, Buckner SL, Dankel SJ, Loenneke JP. “Let’s talk about sex: where are the young females in blood flow restriction research?” *Clinical Physiology and Functional Imaging*. 2016.
- Dankel SJ, Buckner SL, Jessee MB, Mattocks KT, **Mouser JG**, Counts BR, Laurentino GC, Abe T, Loenneke JP. “Post-exercise blood flow restriction attenuates muscle hypertrophy.” *European Journal of Applied Physiology*. 116(10), 1955-1963. 2016.
- Buckner SL, Dankel SJ, Counts BR, Barnett BE, Jessee MB, **Mouser JG**, Halliday TM, Loenneke JP. “Does the time of your

health screening alter your 'health?'" International Journal of Cardiology. 220, 524-526. 2016.

- Counts BR, Buckner SL, Dankel SJ, Jessee MB, Mattocks KT, **Mouser JG**, Laurentino GC, Loenneke JP. "The acute and chronic effects of 'NO LOAD' resistance training." *Physiology & Behavior*. 164, 345-352. 2016.
- Dankel SJ, Jessee MB, Mattocks KT, **Mouser JG**, Counts BR, Buckner SL, Loenneke JP. "Training to fatigue: the answer for standardization when assessing muscle hypertrophy?" *Sports Medicine*. 47(6), 1021-1027. 2016.
- Buckner SL, Jessee MB, Mattocks KT, **Mouser JG**, Counts BR, Dankel SJ, Loenneke JP. "Determining strength: a case for multiple methods of measurement." *Sports Medicine*. 47(2), 193-195. 2016.
- Buckner SL, Dankel SJ, Counts BR, Barnett BE, Jessee MB, **Mouser JG**, Halliday TM, Loenneke JP. "Do rhythms exist in elbow flexor torque, oral temperature and muscle thickness during normal waking hours?" *Physiology & Behavior*. 160, 12-17. 2016.
- Buckner SL, Dankel SJ, Counts BR, Jessee MB, **Mouser JG**, Mattocks KT, Laurentino GC, Abe T, Loenneke JP. "Influence of cuff material on blood flow restriction stimulus in the upper body." *Journal of Physiological Sciences*. 67(1), 207-215. 2016.
- Mattocks KT, Dankel SJ, Buckner SL, Jessee MB, Counts BR, **Mouser JG**, Laurentino GC, Loenneke JP. "Periodization: What is it good for?" *Journal of Trainology*. 5(1), 6-12. 2016.
- Loenneke JP, Kim D, **Mouser JG**, Allen KM, Thiebaud RS, Abe T, Bemben MG. "Are there perceptual differences to varying levels of blood flow restriction?" *Physiology and Behavior*. 157(1), 277-280. 2016.
- Counts BR, Dankel SJ, Barnett BE, Kim D, **Mouser JG**, Allen KM, Thiebaud RS, Abe T, Bemben MG, Loenneke JP. "Influence of relative blood flow restriction pressure on muscle activation and muscle adaptation." *Muscle and Nerve*, 53(3), 438-445. 2016.
- Loenneke JP, Loprinzi PD, Abe T, Thiebaud RS, Allen KM, **Mouser JG**, Bemben MG. "Arm circumference influences blood pressure even when applying the correct cuff size: Is a further correction needed?" *International Journal of Cardiology*. 202, 743-744. 2016
- Thiebaud RS, Fahs CA, Rossow LM, Loenneke JP, Kim D, **Mouser JG**, Beck TW, Bemben DA, Larson RD, Bemben MG. "Effects of age on arterial stiffness and central blood pressure after an acute bout of resistance exercise." *European Journal of Applied Physiology*. 116(1), 39-48. 2016.
- Jessee MB, Buckner SL, **Mouser JG**, Mattocks KT, Loenneke JP. "Letter to the editor: applying the blood flow restriction pressure: the elephant in the room." *American Journal of Physiology – Heart and Circulatory Physiology*. 310(1), H132-H133. 2016.
- Loenneke JP, Allen KM, **Mouser JG**, Thiebaud RS, Kim D, Abe T, Bemben MG. "Blood flow restriction in the upper and lower limbs is predicted by limb circumference and systolic blood pressure." *European Journal of Applied Physiology*, 115(2), 397-405. 2015.
- Rossow LM, Fahs CA, Thiebaud RS, Loenneke JP, Kim D, **Mouser JG**, Shore EA, Beck TW, Bemben DA, Bemben MG. "Arterial stiffness and blood flow adaptations following eight weeks of resistance exercise training in young and older women." *Experimental Gerontology* 53(1), 48-56, 2014.

Abstracts/Oral presentations

- **Mouser JG**, Mattocks KT, Dankel SJ, Buckner SL, Jessee MB, Bell ZW, Abe T, Loenneke JP. "Cardiovascular Responses to Blood Flow Restriction and Very Low Load Resistance Exercise in the Upper Body." Abstract. American College of Sports Medicine Annual Conference, Minneapolis, MN, 2018.
- Jessee MB, Buckner SL, Mattocks KT, **Mouser JG**, Dankel SJ, Bell ZW, Abe T, Loenneke JP. "Very Low Load Resistance Exercise is Augmented by Blood Flow Restriction in the Lower Body." Abstract. American College of Sports Medicine Annual Conference, Minneapolis, MN, 2018.
- Buckner SL, Jessee MB, Dankel SJ, **Mouser JG**, Mattocks KT, Bell ZW, Abe T, Loenneke JP. "Muscular Responses to Very Low Load Resistance Exercise with Blood Flow Restriction in the Upper Body." Abstract. American College of Sports Medicine Annual Conference, Minneapolis, MN, 2018.
- Bell ZW, Buckner SL, Jessee MB, **Mouser JG**, Mattocks KT, Dankel SJ, Abe T, Loenneke JP. "Perceptual and Cardiovascular Responses to Very Low Load Exercise with and without Blood Flow Restriction." Abstract. American College of Sports Medicine Annual Conference, Minneapolis, MN, 2018.
- Mattocks KT, **Mouser JG**, Jessee MB, Dankel SJ, Buckner SL, Bell ZW, Abe T, Loenneke JP. "Acute Hemodynamic Response to Very Low Load Resistance Exercise with and without Blood Flow Restriction." Abstract. American College of Sports Medicine Annual Conference, Minneapolis, MN, 2018.

- Dankel SJ, **Mouser JG**, Mattocks KT, Jessee MB, Buckner SL, Abe T, Loenneke JP. “The Effects of Cuff Width on Hemodynamics in the Legs during Blood Flow Restriction.” Abstract. American College of Sports Medicine Annual Conference, Minneapolis, MN, 2018.
- **Mouser JG**, Laurentino GC, Dankel SJ, Buckner SL, Jessee MB, Counts BR, Mattocks KT, Loenneke JP. “Blood Flow in Humans During Low-Load Resistance Exercise with and without Blood Flow Restriction.” Abstract. American College of Sports Medicine Annual Conference, Denver, CO, 2017.
- Loenneke JP, Dankel SJ, Jessee MB, Buckner SL, **Mouser JG**, Mattocks KT. “Are Higher Blood Flow Restriction Pressures More Beneficial When Lower Loads Are Used?” Abstract. American College of Sports Medicine Annual Conference, Denver, CO, 2017.
- Dankel SJ, Jessee MB, Buckner SL, **Mouser JG**, Mattocks KT, Loenneke JP. “Cardiovascular and Perceptual Responses to Various Blood Flow Restriction Pressures and Exercise Loads.” Abstract. American College of Sports Medicine Annual Conference, Denver, CO, 2017.
- Buckner SL, Dankel SJ, Mattocks KT, Jessee MB, **Mouser JG**, Counts BR, Laurentino GC, Loenneke JP. “Differentiating Swelling and Hypertrophy Following Repeated Bouts of Resistance Exercise.” Abstract. American College of Sports Medicine Annual Conference, Denver, CO, 2017.
- Mattocks KT, Jessee MB, Counts BR, Buckner SL, **Mouser JG**, Dankel SJ, Laurentino GC, Loenneke JP. “Effects of Different Levels of Blood Flow Restriction on Arterial Occlusion Pressure and Perceptual Responses.” Abstract. American College of Sports Medicine Annual Conference, Denver, CO, 2017.
- Jessee MB, Mattocks KT, Counts BR, Buckner SL, **Mouser JG**, Dankel SJ, Laurentino GC, Loenneke JP. “The Acute Muscular Response to Blood Flow Restricted Exercise Using Low and High Relative Pressures.” Abstract. American College of Sports Medicine Annual Conference, Denver, CO, 2017.
- Garner JC, Hill CM, Wilson SJ, **Mouser JG**, Williams CC, Luginsland LA, Donahue PT, Chander H. “Influence of Repeated Motor Control Tests on Proximal Lower Extremity Musculature Activation .” Abstract. American College of Sports Medicine Southeast Chapter Conference, Chattanooga, TN, 2017.
- Wilson SJ, Hill CM, **Mouser JG**, Williams CC, Luginsland LA, Donahue PT, Garner JC, Chander H. “Can Postural Responses be Learned?” Abstract. American College of Sports Medicine Southeast Chapter Conference, Chattanooga, TN, 2017.
- Hill CM, Wilson SJ, **Mouser JG**, Williams CC, Luginsland LA, Donahue PT, Chander H. “Impact of Repeated Balance Perturbations on Lower Extremity Mean Muscle Activity.” Abstract. American College of Sports Medicine Southeast Chapter Conference, Chattanooga, TN, 2017.
- **Mouser JG**, Buckner SL, Counts BR, Dankel SJ, Jessee MB, Mattocks KT, Laurentino GC, Loenneke JP. “Venous versus Arterial Blood Flow Restriction: The Impact of Cuff Width.” Abstract. American College of Sports Medicine Annual Conference, Boston, MA, 2016.
- Counts BR, Buckner SL, Dankel SJ, Jessee MB, Mattocks KT, **Mouser JG**, Laurentino GC, Loenneke JP. “The Acute Response to No Load Exercise: Is it Sufficient?” Abstract. American College of Sports Medicine Annual Conference, Boston, MA, 2016.
- Barnett BE, Buckner SL, Dankel SJ, Counts BR, Jessee MB, **Mouser JG**, Halliday TM, Loenneke JP. “Circadian Rhythms in Blood Glucose and Blood Pressure: Are they Reproducible?” Abstract. American College of Sports Medicine Annual Conference, Boston, MA, 2016.
- Ingram JW, Buckner SL, Dankel SJ, Counts BR, **Mouser JG**, Abe T, Laurentino GC, Loenneke JP. “The influence of time on determining blood flow restriction pressure.” Abstract. American College of Sports Medicine Annual Conference, Boston, MA, 2016.
- Mattocks KT, Buckner SL, Dankel SJ, Counts BR, Jessee MB, **Mouser JG**, Laurentino GC, Abe T, Loenneke JP. “The Influence of Cuff Material on the Blood Flow Restriction Stimulus in the Upper Body.” Abstract. American College of Sports Medicine Annual Conference, Boston, MA, 2016.
- Laurentino GC, **Mouser JG**, Buckner SL, Counts BR, Dankel SJ, Jessee MB, Mattocks KT, Loenneke JP, Tricoli V. “The influence of cuff width on regional muscle growth: Implications for Blood Flow Restriction Training.” Abstract. American College of Sports Medicine Annual Conference, Boston, MA, 2016.
- Loenneke JP, Buckner SL, Dankel SJ, Jessee MB, Counts BR, **Mouser JG**, Mattocks KT, Laurentino GC, Abe T. “The Influence of Cuff Material on the Acute Muscular Response to Blood Flow Restricted Exercise in the Upper Body.” Abstract. American College of Sports Medicine Annual Conference, Boston, MA, 2016.
- Buckner SL, Dankel SJ, Counts BR, Barnett BE, Jessee MB, **Mouser JG**, Halliday TM, Loenneke JP. “The Influence of Circadian Rhythms on Upper Body Isometric Strength, Muscle Thickness and Body Temperature.” Abstract. American College of Sports Medicine Annual Conference, Boston, MA, 2016.
- **Mouser JG**, Loenneke JP, Kim D, Allen KM, Thiebaud RS, Abe T, Bemben MG. “The influence of applied pressure on the perceptual response to blood flow restricted exercise.” Presentation. American College of Sports Medicine Annual Conference, San Diego, CA, 2015.

- Loenneke JP, Kim D, **Mouser JG**, Allen KM, Thiebaud RS, Abe T, Bemben MG. “High pressures do not augment muscle activation over lower pressures during blood flow restricted exercise.” Abstract. American College of Sports Medicine Annual Conference, San Diego, CA, 2015.
- Thiebaud RS, Loenneke JP, Abe T, Fahs CA, Rossow LM, Kim D, **Mouser JG**, Beck TW, Bemben DA, Larson RD, Bemben MG. “Appendicular lean mass and site-specific muscle loss in the lower body correlate with dynamic strength.” Abstract. American College of Sports Medicine Annual Conference, San Diego, CA, 2015.
- Rossow LM, Fahs CA, Thiebaud RS, Loenneke JP, Kim D, Mouser JG, Beck TW, Bemben DA, Bemben MG. “The time-course of muscle hypertrophy and strength gains in young and older women.” Abstract. American College of Sports Medicine Annual Conference, San Diego, CA, 2015.
- **Mouser JG**, Loenneke JP, Allen KM, Kim D, Thiebaud RS, Detmer AM, Abe T, Bemben MG. “Predictors of upper body arterial occlusion: Implications for blood flow restriction research.” Presentation. American College of Sports Medicine Annual Conference, Orlando, FL, 2014
- Thiebaud RS, Fahs CA, Rossow LM, Loenneke JP, Kim D, **Mouser JG**, Bemben DA, Beck TW, Larson R, Bemben MG. “The influence of age on arterial stiffness following moderate resistance exercise.” Abstract. American College of Sports Medicine Annual Conference, Orlando, FL, 2014
- Kim D, Loenneke JP, Thiebaud RS, Ye X, **Mouser JG**, Ramos L, Bemben DA, Bemben MG. “Acute muscular responses to high intensity and low intensity with blood flow restriction cycling.” Abstract. American College of Sports Medicine Annual Conference, Orlando, FL, 2014
- Rossow LM, Fahs CA, Thiebaud RS, Loenneke JP, Kim D, **Mouser JG**, Shore EA, Siegrist EA, Bemben MG. “Cardiovascular responses to eight weeks of high-intensity resistance training.” Abstract. American College of Sports Medicine Annual Conference, San Francisco, CA, 2013

Peer Reviewer

- Diabetes, Obesity, and Metabolism
- Muscle & Nerve
- Medicine and Science in Sports and Exercise

Memberships

- American College of Sports Medicine, 2009 – Present
- American Physiological Society, 2017 – Present
- Phi Kappa Phi

Awards / Honors

- American Kinesiology Association Masters Scholar – 2015
- Robberson Travel Grant Recipient – 2014

Other

- Founding member, University of Oklahoma Powerlifting Club