

# JUNHAI XU



## **Courses Taught:**

KINE 526: Physiology of Exercise I  
KINE 418: Strength & Conditioning  
KINE 407: Exercise Prescription  
KINE 292: Preventive Health & Prescription

## **Educational Credentials:**

Doctorate of Philosophy	Louisiana State University; Baton Rouge, LA (Exercise Physiology), 2020
Master of Science	University of Houston-Clear Lake; Houston, TX (Fitness and Human Performance), 2010
Master of Education	Beijing Sports University; Beijing, China (Physical Education), 2002
Bachelor of Education	Shandong Sports University; Jinan, China (Physical Education), 1999

## **Teaching Experience:**

Assistant Professor	Louisiana Tech University, 2022-present
Graduate Teaching Assistant	Louisiana State University, 2015-2020
Assistant Professor	Central University of Finance & Economics, China, 2002-2013

## **Professional Experience:**

Post-Doctoral Researcher	LSU Health and Sciences Center, 2021-2022
Volunteer Strength & Conditioning Coach	LSU Football, 2015-2016
Head Strength & Conditioning Coach	Chinese Basketball Association, U17, U18, U19 Boys' and Girls' teams; National Women's Asian Games Team, 2011-2014
Intern of Strength & Conditioning Coach	NBA Houston Rockets, 2010

## **Selected Publications:**

1. **Xu, J.**, Nelson, A., Tufano, J., Juntao Wag. Myocardial Oxygenation Response to Stress Performing a Single-set Compared to Volume-Matched Multiple-Set of Leg Press in Untrained Young Adults. *Journal of Science in Sport and Exercise*. (2022). DOI: 10.1007/s42978-022-00175-z
2. Xu, J., Kim, H., Dong, J., Chen, H., **Xu, J.**, Ma, R., Zhou, M., Wang, T., Shen, Q., Zhou, J. Structure-activity relationship studies on O-alkylamino-tethered salicylamide derivatives with various amino acid linkers as potent anticancer agents. *European Journal of Medicinal Chemistry*. 234 (2022): 114229.
3. **Xu, J.**, Nelson, A., Hondzinski, J. Passive Static Stretching Alters the Characteristics of the Force-Velocity Curvature Differently for Fast and Slow Muscle Groups---A Practical Application of Hill's Equation. *Human Movement Science* 79 (2021)102852. DOI: 10.1016/j.humov.2021.102852
4. **Xu, J.**, Farney, T., Nelson, A. Muscle Sentry® Has no Effect on Muscle Strength Performance and Estimated MVO<sub>2</sub> after High Intensity Short Duration Resistance Training. *International Journal of Exercise Science* 13(2): 744-754, 2020.
5. Amonette, W., Brown, D., Dupler, T., **Xu, J.**, Tufano, J., DeWitt, J. Physical Determinants of Interval Sprint Times in Youth Soccer Players. *Journal of Human Kinetics* 40.1 (2014): 113-120, DOI: 10.2478/hukin-2014-0013.
6. Zhang, Y., Wei, B., Wang, W., Pang, J., Jiao, Y., **Xu, J.** Supply the protein bar for the effect on athletic ability and blood serum index of trained male soldiers. *Chinese Journal of Sports Medicine*. 27(1) 2008. DOI: 10.3969/j.issn.1000-6710.2008.01.028

7. **Xu, J.**, Wang, T, Ren, J., Zhu, J., Sun, S. Investigation the information of basketball referees with national level and above in China. *Journal of Beijing Sports University*. 2004-03. DOI: 10.19582/j.cnki.11-3785/g8.2004.03.050
8. Wang, T., **Xu, J.** Analysis of the court performance of CBA referees during 2000-2001 season. *Journal of Xi'an Physical Education University*. 2003-03. DOI:10.3969/j.issn.1001-747X.2003.03.041

#### **Book Chapter:**

1. Gao, H., & Min, J. (2006), *Entry Level Knowledge of Physical Education and Health for College Students*. Beijing Sports University Press. **Xu, J.**, Chapter: Basketball practicing in promotion of collegiate student health.
2. Zhu, J. (2006), *21st Century Secondary Vocational Education Series: Physical Education & Health*. Communication University of China Press. **Xu, J.**, Chapter: Basketball for health. ISBN: 9787810856744.
3. Zhu, Y. (2004), *Physical Education & Health for Ninth Grade Students*. **Xu, J.**, Chapter: Introduction of basic techniques for basketball and tennis.

#### **Book Translated:**

1. **Xu, J.**, Chen, J., & Li, G. (2006), *the Winning Basketball: Ralph Pim*. *People's Sports Publishing House*. ISBN: 9787500928775.

#### **Selected Abstracts:**

1. **Xu, J.**, Szymanski, D., Singh, V., Szymanski, J., Crotin, R. Oxygen Uptake and Heart Rate Response During Baseball Pitching. Presented in National Strength and Conditioning Association (NSCA) National Conference, July 13, 2023, Las Vegas, NV.
2. **Xu, J.**, Xu, J., Ma, R., Zhou, M., Fricke, D., Chen, H., Kim, H., Liu, X., Zhou, J., Shen, Q. Development of HJC0152-based proteolysis-targeting chimera (PROTAC) degraders for breast cancer therapy. *Presented in 2022 American Association for Cancer Research Annual Meeting. April, 2022, New Orleans, LA.*
3. Ma, R., Wang, P., **Xu, J.**, Xu, J., Fricke, D., Xue, Y., Kim, H., Chen, H., Liu, X., Zhou, J., Shen, Q. Development of oridonin-based proteolysis-targeting chimera (PROTAC) degraders as effective breast cancer therapeutics. *Presented in 2022 American Association for Cancer Research Annual Meeting. April, 2022, New Orleans, LA.*
4. Fricke, D., Liu, G., Kim, H., Wang, P., Liu, X., Chen, H., Ma, R., **Xu, J.**, Zhou, J., Shen, Q. Novel Bax Activators for Targeted Breast Cancer. *Presented in 2022 American Association for Cancer Research Annual Meeting. April, 2022, New Orleans, LA.*
5. **Xu, J.**, Nelson, A. The Effects of Single versus Multiple Sets of Leg Presses on Myocardial Energy Expenditure. *Presented in 66<sup>th</sup> American College of Sports and Medicine (ACSM) Annual Meeting, May, 2019, Orlando, FL.*
6. **Xu, J.**, Nelson, A. Passive Static Stretching Alters the Characteristics of the Force-Velocity Curvature. *Presented in 41<sup>st</sup> National Strength and Conditioning Association (NSCA) National Conference, July, 2018, Indianapolis, IN.*<sup>1</sup>
7. Nelson, A., **Xu, J.**, Farney, T., Kokkonen, J. Muscle Sentry® has no effect on estimated cardiac VO<sub>2</sub> after a bout of resistance training. *Presented in 63<sup>rd</sup> 2016 American College of Sports and Medicine (ACSM) Annual Meeting, June, 2016, Boston, MA.*
8. **Xu, J.**, Tufano, J., Brown, D., Dupler, T., Spiering, B., Coleman, E., & Amonette, W. Physical determinants of sprinting velocity and agility in high school football players: Differences between position groups. *Presented in 33<sup>rd</sup> National Strength and Conditioning Association (NSCA) National Conference, July, 2010, Orlando, FL.*

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<sup>1</sup> \*Winner of the 2018 Conference Poster Award

9. Tufano, J., Amonette, W., Brown, D., Brown, L., Dupler, T., Tran, T., **Xu, J.**, & Spiering, B. A novel equation to predict peak power in young athletes. *Presented in 33<sup>rd</sup> National Strength and Conditioning Association (NSCA) National Conference, July, 2010, Orlando, FL.*
10. Holliday, J., Perez, C., Buchanan, S., Hamilton, H., Minor, C., Tufano, J., **Xu, J.**, DeWitt, J., & Amonette, W. Determinants of Speed and Agility in Youth Soccer Players. *Presented in National Center for Human Performance, November, 2010, Houston, TX.*

**Grants:**

1. NSCA Senior Investigator Grant, David Szymanski, **Junhai Xu**, and Mu Qiao. Co-PI (02/13/2023) (Not funded)  
The relationship of kinetics of CMJ performance to Division I baseball players' kinetics of pitching and hitting performance. \$ 29,480.00
2. Louisiana Tech University Lagniappe Ladies Grant, **Junhai Xu**, Smiley Reeves. PI (03/08/2023)  
The effect of different exercises on cardiovascular response of older adults. \$5,000.00

**Certifications:**

Corrective Exercise Specialist (C.E.S), NASM, 2011-Present  
Certified Strength and Conditioning Specialist, NSCA, 2010-present  
Certified Sports Performance Coach, USA Weightlifting, 2010-Present  
Level 1 Track and Field Coach, USA Track & Field, 2010  
CPR & First Aid, American Red Cross, 2015-Present