

JIE KANG, Ph.D., FACSM

Education:

Ph.D. University of Pittsburgh, Pittsburgh, Pennsylvania
M.S. Queens College of the City University of New York
B.S. Beijing University of Sports Science and Physical Education

Academic rank:

Professor

Courses taught:

Applied Physiology
Nutrition and Metabolism

Research interest:

Alterations in energy metabolism, substrate utilization, cardiorespiratory function and perceived exertion in response to both acute and chronic exercise in healthy individuals and individuals with diseases

Publications since 2000:

Faigenbaum, A.D., J. Kang, J. McFarland, J.M. Bloom, J. Magnatta, N.A. Ratamess, and J.R. Hoffman. Acute effects of different warm-up protocols on anaerobic performance in teenage athletes. *Pediatric Exercise Science* (In press).

Hoffman, J.R., N.A. Ratamess, J.J. Cooper, J. Kang, A. Chilakos, and A.D. Faigenbaum. Comparison of loaded and unloaded jump squat training on strength/power performance in college football players, *Journal of Strength and Conditioning Research* (In press).

Kang, J., J.R. Hoffman, E.C. Chaloupka, N.A. Ratamess, and P.C. Weiser. Gender differences in the progression of metabolic responses during incremental exercise. *Journal of Sports Medicine and Physical Fitness* (In press).

Faigenbaum, A. and J. Kang. Youth Strength Training: Facts, Fallacies, and Program Design Considerations. *American College of Sports Medicine Certified News*. (In press)

Kang, J., E.C. Chaloupka, M.A. Mastrangelo, J.R. Hoffman, N.A. Ratamess, and E. O'Connor. Metabolic and Perceptual responses to cycling at a constant intensity and with Spinning® exercise protocol. *Medicine and Science in Sports and Exercise* 37:853-859, 2005.

Hoffman, J.R., J. Cooper, M. Wendell, J. Im, and J. Kang. Effect of β -hydroxy- β -methylbutyrate on power performance and indices on muscle damage and stress during high intensity training. *Journal of Strength and Conditioning Research* 18:747-752, 2004.

Hoffman, J.R., J. Im, J. Kang, N.A. Ratamess, S. Nioka, K.W. Rundell, R. Kime, J. Cooper, and B. Chance. The effect of a competitive collegiate football season on power performance and muscle oxygen recovery kinetics. *Journal of Strength and Conditioning Research* 19:509-513, 2005.

Hoffman, J.R., J.R. Stout, M. Falvo, J. Kang, and N.A. Ratamess. The effect of low-dose, short duration creatine supplementation on anaerobic exercise performance. *Journal of Strength and Conditioning Research* 19:260-264, 2005.

Kang, J., J.R. Hoffman, J. Im, B.A. Spiering, K.W. Rundell, S. Nioka, J. Cooper, and B. Chance. Evaluation of physiological responses during recovery from three resistance exercise programs. *Journal of Strength and Conditioning Research* 19:305-309, 2005.

Kang, J., H. Walker, M. Hebert, M. Wendell, and J.R. Hoffman. Pedal frequency alters circulatory responses during arm and leg ergometry despite the same workload. *Research in Sports Medicine: An International Journal* 12:251-264, 2004.

Mastrangelo, M.A., Chaloupka, E.C., J. Kang, C.J. Lacke, J. Angelucci, W.P. Martz, and G.B. Biren. Predicting anaerobic capabilities in 11-13-year-old boys. *Journal of Strength and Conditioning Research* 18:72-76, 2004.

Utter A.C., J. Kang, D.C. Nieman, C.L. Dumke, S.R. McNulty, D.M. Vinci, and L. McNulty. Carbohydrate supplementation and perceived exertion during prolonged running. *Medicine and Science in Sports and Exercise* 36:1036-1041, 2004.

Hoffman J.R., J. Cooper, M. Wendell, and J. Kang. Comparison of Olympic versus traditional power lifting training programs in football players. *Journal of Strength and Conditioning Research* 18:129-135, 2004.

Hoffman, J.R., V. Nusse, and J. Kang. The effect of an intercollegiate soccer game on maximal power performance. *Canadian Journal of Applied Physiology* 28:807-817, 2003.

Goss, F., R. Robertson, S. DaSilva, R. Suminski, J. Kang, and K. Metz. Ratings of perceived exertion and energy expenditure during light to moderate activity. *Perceptual and Motor Skills* 96:739-747, 2003.

Hoffman, J.R., M. Wendell, J. Cooper, and J. Kang. Comparison between linear and non-linear inseason training. *Journal of Strength and Conditioning Research* 17:561-565, 2003.

Utter A.C., J. Kang, D.C. Nieman, D.M. Vinci, S.R. McNulty, C.L. Dumke, and L. McNulty. Ratings of Perceived exertion during an ultra-marathon. *Perceptual and Motor Skills* 97:175-184, 2003.

Kang, J., J.R. Hoffman, H. Walker, E.C. Chaloupka and A.C. Utter. Regulating intensity using perceived exertion During Extended exercise Periods. *European Journal of Applied Physiology* 89:475-482, 2003.

Hoffman, J.R., C.M. Maresh, R.U. Newton, M.R. Rubin, D.N. French, J.S. Volek, J. Sutherland, A.L. Gomez, N.A. Ratamess, J. Kang, and W.J. Kraemer. Biochemical, endocrine, and performance changes during a competitive football game. *Medicine and Science in Sports and Exercise* 34:1845-1853, 2002.

Utter. A.C., J. Kang, R.J. Robertson, D.C. Nieman, E.C. Chaloupka, R.R. Suminski, C.R. Piccinni, A. Teles, J.M. Davis. The effect of carbohydrate substrate availability on ratings of perceived exertion during a competitive marathon. *Medicine and Science in Sports and Exercise* 34:1779-1784, 2002.

Kang, J. and D.E. Kelley. Substrate utilization and glucose kinetics during exercise in patients with non-insulin dependent diabetes mellitus. *Journal of Sports Medicine and Sports Science*. 14:12-27, 2002.

Kang, J., E.C. Chaloupka, M.A. Mastrangelo, and J.R. Hoffman. Physiological and biomechanical analysis of treadmill walking at various gradients in males and females. *European Journal of Applied Physiology* 86: 503-508, 2002.

Hoffman, J.R., and J. Kang. Evaluation of a new anaerobic power testing system. *Journal of Strength and Conditioning Research* 34:142-148, 2002.

Utter, A.C., R.J. Robertson, D.C. Nieman, and J. Kang. Children' ONMI Scale of perceived exertion: walking/running validation. *Medicine and Science in Sports and Exercise* 34:139-144, 2002.

Chaloupka, E.C., J. Kang, and M.A. Mastrangelo. The effect of flexible magnet on muscle strength: a randomized double blind study. *Journal of Strength and Conditioning Research* 16:33-37, 2002.

Kang, J, E.C. Chaloupka, M.A. Mastrangelo and R.J. Robertson. Effect of testing protocols on maximal oxygen uptake in trained and untrained individuals. *European Journal of Applied Physiology*. 84:291-295, 2001.

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