

SenLin Liu - Curriculum Vitae

Email: eliotlyu@gmail.com |+86 18578737974|

EDUCATION

YONSEI University

Seoul, Korea

Master of physical Education in Exercise Physiology

Sep.2021~Feb.2024

- Overall GPA: 4/4.5

Thesis: The effect of resistance training in the form of exercise snack on inflammatory marker and cortisol concentration changes in obese adults in the 20s

Jiangxi University of Science and Technology

GanZhou, China

Bachelor of Education in Instruction and Management of Social Sports

Sep.2016~Jun.2020

- Overall GPA: 80.23/100

Thesis: The development status and countermeasures research of high school campus football in Guangzhou (University outstanding undergraduate thesis)

HONORS

Merit Scholarships for International Students

2021-2023

Several School Scholarship(top 10%)

2018-2019

RESEARCH INTERESTS

Exercise and nutriment interrupts sedentary lifestyle changes in skeletal muscle inflammation and glucose induced oxidative stress

Mechanisms behind cancer treatment related toxicities with a specific interest in skeletal muscle weakness and fatigue

The relationships among lifestyle(exercise, physical activity, nutriment,sleep), cardiovascular fitness, body fat, and metabolic disease (e.g., metabolic syndrome, type 2 diabetes)

The impact on cardiac, muscular, and immune function of breaking up prolonged periods of sitting with physical activity and how breaking up prolonged periods of sitting with physical activity can mitigate their deleterious effect

Neural and Cardiovascular Responses to aging

Mitochondrial physiology and diseases caused by mitochondrial dysfunction

Sedentary behavior; Cardiometabolic health; Wearable technology; Physical Activity; Chronic Inflammation; Skeletal Muscle

RESEARCH EXPERIENCE

Yonsei University

Seoul, KR

Research Assistant, Department of physical education

Sep 2021-Sep 2023

Exercise and Energy Metabolism Lab(Advisor: Prof. Il Young Paik, Department chair of physical Education) & Repure Life Science

Project name: Recommendations for daily fatigue monitoring and exercise prescription

- Sorted out the demand evaluation content and evaluation methods of non-pathologic related fatigue systematically through a review of related researches at home and aboard
- Supported data collection efforts by coordinating and processing research materials
- Literature was collected and analyzed, and questionnaires were developed for daily fatigue health monitoring
- Provide fatigue-related exercise prescription recommendations and visualizations

Yonsei University

Seoul, KR

Research Assistant, Department of physical education

Feb 2023, July 2023

Exercise and Energy Metabolism Lab(Advisor: Dr. Tae Hyung. Lee, Post-Doctoral of physical Education) & SamSung

Project name: An evaluation of heart rate monitoring with in-ear earphones under motion

- Five photoplethysmography (PPG)-based wearable heart rate monitors and ECG sensors were used to compare heart rate during each phase of exercise and rest with a gold-standard electrocardiogram (ECG) monitor
- Exercise physiology instruments were used to assist in measuring the experimenter's motor performance and detecting abnormalities
- Descriptive statistics were used to characterize the sample population. The validity of the in-ear pulse rate measurement devices was determined by means of several statistical tests. accuracy was tested by MAPE and ICC values, whereas precision was identified by the limits of agreement of the Bland–Altman analysis.

Yonsei University

Seoul,KR

Research Assistant, Department of physical education

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PUBLICATIONS

Master Thesis: The effect of resistance training in the form of exercise snack on inflammatory marker and cortisol

concentration changes in obese adults in the 20s. Feb,2024

TEACHING ASSISTANT

Health and Exercise(Fall 2022-Fall 2023)

Sep.2022-June.2023

- Instructor: Prof. Il Young Paik(Dept, yonsei university)
- Credit 2; Class: 106 juniors;

Exercise Physiology Laboratory(Spring 2022-Spring 2023)

Feb.2022-Feb.2023

- Instructor: Prof. Il Young Paik(Dept, yonsei university)
- Credit 2; Class: 26 juniors;

Tennis Coaching(Spring 2022-Spring 2023)

Feb.2022-Feb.2023

- Instructor: Prof. Sang Hyun Suh (Dept, yonsei university)
- Credit 2; Class: 33 juniors;

Football Coach(Fall 2019)

Feb.2019-Sep.2019

Instructor: Prof. Wang XianYi(Dept, Jiangxi University of Science and Technology)

- Credit 3; Class: 46 juniors;

SELECTED COURSES

Exercise Physiology

Exercise Anatomy

Biochemistry

Statistics

Trainning Method and Exercise Prescription

Exercise Physiology Lab

Exercise Metabolism

Aging Disease Metabolism

Exercise Prescription and Lab

Aging and Disease Metabolism

EXTRACURRICULAR ACTIVITIES & INTERESTS

University Fitness center staff	<i>Sep.2022 - Feb.2023</i>
Member of the Sports Department of the Student Union	<i>Sep.2017 - Sep.2019</i>
Swimming instructor at Municipal Sports Center	<i>Jun.2017 -Aug.2017/Jun.2018 - Aug.2018</i>
Member of the University football team	<i>2017-2019</i>

LANGUAGES

Native/Bilinual: Mandarin Chinese

Native/Bilinual: Cantonese Chinese

Conversational/Fluent: Korean; English

SKILLS

Computer: Adobe Photoshop, Aodobe InDesign, Stata, Spss, MS Office, R, Graphpad Pism