

# JUNGGI HONG, PH.D, ATC

## CURRICULUM VITAE

### CONTACT INFORMATION

#### Home

902 Dong 1902 Ho, Remian,  
Gileum, Seongbukgu, Seoul  
010-2428-0750

#### Work

CHA Medical Science University  
Dean of Graduate School in Sports  
Medicine  
#221D

### EDUCATION

**PhD** Oregon State University, Exercise Sports Science, Sports Medicine Concentration, 2009  
**MA** Korean National Sports University, Physical Education/Sports Medicine, 1999  
**BS** Korean National Sports University, Physical Education, 1995

### PRIMARY WORK EXPERIENCE

2016-Present **Professor, CHA Medical Science University, Pocheon, Korea**  
**Responsibilities:**

- Dean of Graduate School in Sports Medicine

2013-Present **Associate Professor, Kookmin University, Seoul, Korea**  
**Responsibilities:**

- Faculty member, Department of Sports and Health Rehabilitation

2008-2013 **Assistant Professor, Willamette University, Salem, OR**  
**Responsibilities:**

- Faculty member, Department of Exercise Science

2002-2009 **Doctoral Candidate, Oregon State University, Corvallis, OR**  
**Responsibilities:**

- Graduate Teaching Assistant, Department of Exercise Sports Science

2006-2007 **Assistant Professor, Corban University, Salem, OR**  
**Responsibilities:**

- Faculty member, Department of Human Performance
- Program Advisor Of Undergraduate Students

### SECONDARY WORK EXPERIENCE

Present PHILIPS Korea Key Opinion Leader  
Present Sportizen Consulting Professor

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2015-present	Samsung Hotel SHILLA Consulting Professor
2015-present	Reebok CrossFit Sentinel Training Consultant
2011-present	Koyang Orions Professional Basketball Club's Sports Medicine Team Consultant
2010-present	Northwest National Strength Conditioning Association Advisory Board Member
2009-present	Sports Medicine Columnist for BasketKorea.com
2002-2009	Athletic Training and Conditioning Consultant: KTF Basketball Club, Pusan, Korea
1996-2000	Head Conditioning Coach: KIA Professional Basketball Club, Seoul, Korea

### PROFESSIONAL CERTIFICATIONS

2006-present	Certified Athletic Trainer (NATABOC)
2011-present	Kinetic Integration Exercise Professional (KIEP)
2012-present	Correctional Exercise Specialist (NASM)
2012-present	Performance Enhancement Specialist (NASM)
2012-present	ASTYM Provider
Current	American Red Cross CPR

### PROFESSIONAL ORGANIZATIONS

2013-present	Korean Athletic Trainer's Association, Academic Advisory Board
2013-present	Korean Strength Coaches Association, Academic Advisory Board
2013-present	Korean Exercise and Rehabilitation Association, Committee Member
2002-present	National Athletic Trainer's Association, member
2012-present	National Strength and Conditioning Association, member
2002-present	American College of Sports Medicine, member
2003-present	Northwest Athletic Trainer's Association, member

### RESEARCH AND CREATIVE ACTIVITY

#### **Refereed Research Articles**

**Hong J, Velez MT, Moland AM, Sullivan JA (2010).** The Effects of Whole Body Vibration on Shoulder Strength and Joint Position Sense. *Journal of Human Kinetics*, 25: 17-25.

**Hong J, Kipp K, Maddalozzo GF, Hoffman MA. (2010).** Acute Effects of Whole body vibration on Electromechanical Delay and Rate of Force Development. *Journal of Sports Therapy* 3: 3-9.

**Hong J, Kipp K, Johnson ST, Hoffman MA. (2010).** Effects of 4 Weeks Whole Body Vibration on Electromechanical Delay, Rate of Force Development, and Presynaptic Inhibition. *International Journal of Physiotherapy and Rehabilitation* 1: 30-40.

**Hong J (2011).** Whole body vibration therapy for type II diabetic peripheral neuropathy Patients: A case report. *Health Science Journal*. 5: 66-71.

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Kim D, **Hong J (2011)**. Hamstring to Quadriceps Strength Ratio and Noncontact Leg Injuries: A Prospective Study During One Season. *Isokinetics and Exercise Science* 19: 1-6.

Kim D, Van Rysseghem G, **Hong J (2011)**. Overcoming the myth of proprioceptive training. *Clinical Kinesiology* 65: 18-28.

Soma E, **Hong J. (2011)**. Implications of gestational weight gain as a modifiable risk factor for obesity in mother and child. *International Journal of Caring Sciences* 4: 72-80.

**Hong J**, Barnes MJ, Leddon CT. (2012). Reliability of the Sitting Hand Press-Up Test for Identifying and Quantifying the Level of Scapular Medial Border Posterior Displacement in Overhead Athletes. *International Journal of Sports Physical Therapy*. 6: 306-311.

Hindle KB, Whitcomb TJ, Briggs WO, **Hong J. (2012)**. Proprioceptive Neuromuscular Facilitation (PNF): Its Mechanisms and Effects on Range of Motion and Muscular Function. *Journal of Human Kinetics*. 31: 59-63.

Barnes MJ, **Hong J. (2012)**. Fibromyalgia symptoms are reduced by sonic wave vibration therapy: A case study. *Clinical Kinesiology*. 66: 19-23.

Burfeind K, Stravianeas S, **Hong J. (2012)**. Gender Differences in the Neuromuscular Fitness Profiles of NCAA Division III Soccer Players. *Isokinetic and Exercise Science*. 20(2): 115-120.

Palmer SJ, **Hong J. (2012)**. The reliability of presynaptic inhibition as an indicative form of pain measurement in patients with diabetic peripheral neuropathy. *International Journal of Neuroscience*. 121: 511-514.

Barnes JM, **Hong J. (2012)**. Exercise as a Non-Pharmaceutical Treatment Modality to Prevent Comorbidity of Type II Diabetes and Major Depression. *International Journal of Caring Sciences*. 5: 203-214.

Kessler N, Kim S, McGeehan M, **Hong J. (2012)**. Applications of Whole Body Vibration Therapy in the Clinical Setting: A Brief Review. *International Journal of Therapy and Rehabilitation*. 19(7): 1-9.

**Hong J**, Barnes MJ, Kessler NJ (2013). Case study: Use of vibration therapy in the treatment of diabetic peripheral small fiber neuropathy. *Journal of Body Work and Movement Therapies*. 17(2): 235-238.

Kim S, **Hong J. (2013)**. Ergonomic Interventions as a Treatment and Preventative Tool for Work-Related Musculoskeletal Disorders. *International Journal of Caring Science*. 6(3): 338-348.

O'Leary CB, Cahill CR, Robinson AW, Barnes MJ, **Hong J. (2013)**. A Systematic Review: The Effects of Podiatrical Deviations on Nonspecific Chronic Low Back Pain. *Journal of Back and Muscular Rehabilitation*. 26(2). 117-123.

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Kessler NJ, **Hong J.** (2013). Sonic Wave Vibration Therapy for Painful Diabetic Peripheral Neuropathy: A Pilot Study. *Journal of Bodywork and Movement Therapies.* 17(4), 518-522.

O'Leary CB, Clark L, **Hong J,** Lockard MM. (2014). The acute effects of stretching on presynaptic inhibition and peak power. *Journal of Sports Medicine and Physical Fitness.* 54(5), 605-610.

**Hong J,** \*Burfeind KG, Van Ryssegem G., Wallace D. (2014). Scapular Posterior Displacement and Its Relationship to Shoulder Internal and External Rotator Muscle Function. *Isokinetics and Exercise Science.* 22, 245-250.

Chun J, **Hong J.** (2015). The Role of Proprioceptive Neuromuscular Facilitation in Rehabilitation and Performance Training. *Mitteilungen Klostersnenburg.* (In print)

Burfeind KG, Vaughn J, **Hong J.** (2015). Relationships Between Presynaptic Inhibition and Static Postural Sway in Subjects With and Without Diabetic Neuropathy. *Journal of Physical Therapy Science* (In review)

### **Research Presentations**

**Hong J,** Oh J. (2003). Effects of off-season weight training on the muscular function of professional basketball players. American College of Sports Medicine Annual Conference, Poster presentation.

**Hong J,** Sullivan JA, Harter RA. (2004). Assessment of Intra-Day and Inter-Day Reliability of Novel Measures of Shoulder Neuromuscular Control. American College of Sports Medicine Annual Conference, Poster presentation.

**Hong J,** Foley J, Yun J, Maddalozzo GF. (2005). Test-Retest Reliability of a Computerized Gait Analysis System and a Balance Assessment System in Patients with Multiple Sclerosis. American College of Sports Medicine Annual Conference, Poster presentation.

**Hong J,** Kipp K, Maddalozzo GF, Hoffman MA. (2009). Acute Effects of Whole Body Vibration on Electromechanical Delay and Rate of Force Development. American College of Sports Medicine Annual Conference, Poster presentation

**Hong J,** Oh J. (2003). Effects of off-season weight training on the muscular function of professional basketball players. American College of Sports Medicine Annual Conference, Poster presentation.

**Hong J,** Sullivan JA, Harter RA. (2004). Assessment of Intra-Day and Inter-Day Reliability of Novel Measures of Shoulder Neuromuscular Control. American College of Sports Medicine Annual Conference, Poster presentation.

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**Hong J**, Foley J, Yun J, Maddalozzo GF. (2005). Test-Retest Reliability of a Computerized Gait

Analysis System and a Balance Assessment System in Patients with Multiple Sclerosis. American

College of Sports Medicine Annual Conference, Poster presentation.

**Hong J**, Kipp K, Maddalozzo GF, Hoffman MA. (2009). Acute Effects of Whole Body Vibration on Electromechanical Delay and Rate of Force Development. American College of Sports Medicine Annual Conference, Poster presentation

Kim D and **Hong J** (2010). Isokinetic Leg Strength Profile and Single Leg Postural Sway of NCAA Division III Basketball Players. Northwest American College of Sports Medicine Regional Meeting. Poster Presentation

Velez MT, Moland AM, **Hong J** (2010). Acute Effects of Shoulder Vibration on Muscular Function and Joint Position Sense in Athletes in Non-Athletes. Northwest American College of Sports Medicine Regional Meeting. Poster Presentation

Moland AM, Velez MT, **Hong J** (2010). Gender Difference in Shoulder Joint Position Sense. Northwest American College of Sports Medicine Regional Meeting. Poster Presentation

Hague A, Kim D, **Hong J** (2010). Relationship Between Isokinetic Rotational Shoulder Strength and Scapular Dyskinesia in Division III Overhead Athletes. Northwest American College of Sports Medicine Regional Meeting. Poster Presentation

**Hong J**, Barnes MJ, Kessler NJ. (2011). Case Study: Use of Vibration in the Treatment of Diabetic Peripheral Small Fiber Neuropathy. Diabetic Foot Global Conference. Poster Presentation

Hague A, Kim D, **Hong J** (2011). Relationship Between Isokinetic Rotational Shoulder Strength and Scapular Dyskinesia in Division III Overhead Athletes. American College of Sports Medicine Annual Conference in Denver. Poster Presentation

Barnes MJ, Hague AK, **Hong J**. (2011). Reliability of Press-Up test for Identifying the Level of Scapular Posterior Displacement in Overhead Athletes. American College of Sports Medicine Annual Conference, Denver. Poster Presentation

Kim D, **Hong J** (2011). Hamstring to Quadriceps Strength Ratio and Non-Contact Leg Injuries: A Prospective Study During One Season. American College of Sports Medicine Annual Conference, Denver. Slide Presentation

Van Ryssegem G, Hague AK, **Hong J** (2011). Scapular Displacement and Its Relationship to Shoulder internal External Rotator Muscle Function. American College of Sports Medicine Annual Conference, Denver. Poster Presentation

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Palmer SJ, **Hong J.** (2012). The reliability of paired reflex depression protocol in assessing presynaptic inhibition of patients with diabetic peripheral neuropathy. American College of Sports Medicine Annual Conference, San Francisco. Submitted for Poster Presentation

Burfeind KG, **Hong J.** (2012). Relationships Between Presynaptic Inhibition and Static Postural Sway in Subjects With and Without Diabetic Neuropathy. American College of Sports Medicine Annual Conference, San Francisco. Submitted for Poster Presentation

**Hong J,** Kessler NJ. (2012). Effects of 4 Weeks Sonic Wave Vibration Therapy on Gait Performances in Diabetic Peripheral Neuropathy Patients. American College of Sports Medicine Annual Conference, San Francisco. Submitted for Poster Presentation

Barnes MJ, Kessler NJ, **Hong J.** (2012). Sonic Wave Vibration Therapy for Painful Diabetic Peripheral Neuropathy: A Pilot Study. American College of Sports Medicine Annual Conference, San Francisco. Submitted for Poster Presentation

Kessler NJ, Lockard M, **Hong J.** (2012). Effects of Whole Body Vibration on Pain, Nerve Conduction and Hemodynamics in Individuals with Diabetic Peripheral Neuropathy. American College of Sports Medicine Annual Conference, San Francisco. Submitted for Poster Presentation

Stavrineas S, Burfeind KJ, **Hong J.** (2012). Gender Differences in the Neuromuscular Fitness Profiles of NCAA Division III Soccer Players. American College of Sports Medicine Annual Conference, San Francisco. Submitted for Poster Presentation

**Hong J** (2013). Movement Impairments: How to measure and What they mean? 3<sup>rd</sup> Institute of Physical Education International Conference, Bangkok, Thailand. Submitted for Invited Speaker's Presentation

**Hong J.** (2014). Functional Movement Screening and Its Application to Sports Rehabilitation. International Conference of Physical Education, Bangkok, Thailand. Submitted for a Keynote Presentation

**Hong J.** (2015). Integrated Corrective Exercises. International Conference of Sports Science, Pataya, Thailand. Submitted for a Keynote Presentation

Kang S, **Hong J.** (2015). Inter-relationships Between Joint Position Sense and Muscle Onset of Scapular Stabilizers. National Strength and Conditioning Association Annual Conference, Orlando, Florida. Submitted for a Slide Presentation

### **Oral Presentations**

**Hong J** (2005). Proprioception and Its Application to Shoulder Rehabilitation. The 2<sup>nd</sup> International

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Symposium of Korean Athletic Trainer's Association, Seoul, Korea. Slide presentation.

**Hong J** (2008). Whole Body Vibration: Its' potential as a rehabilitation tool. The 5<sup>th</sup> International Symposium of Korean Athletic Trainer's Association, Slide Presentation, Seoul, Korea. Slide presentation.

**Hong J** (2009). Modulation of Presynaptic Inhibition after Whole Body Vibration Treatment. Oregon Chapter for Neuroscience Annual Meeting, Portland, OR. Slide Presentation.

**Hong J** (2009). Neuromuscular Improvement after Whole Body Vibration. The Rehacare Convention, Dusseldorf, Germany. Slide presentation (October 14-17, 2009).

**Hong J** (2010). Whole body vibration and Its potential as an innovative treatment for diabetic neuropathy. Diabetes Support Services, Salem OR.

**Hong J** (2011). Rate of Force Development and Its Functional implication in Strength Training. National Strength Conditioning Association NW regional conference, Oregon State University.

**Hong J** (2011). Intriguing results of recent WBV study for type II diabetic neuropathy. Diabetes Support Services at Willamette University.

**Hong J** (2012). Effects of Whole Body Vibration on Pain, Nerve Conduction and Hemodynamics in Individuals with *Diabetic* Peripheral Neuropathy. World Congress of Diabetes, Beijing, China.

**Hong J** (2012). New Trends in Diabetic Peripheral Neuropathy Research. Diabetes Support Services at First Presbyterian Church, Salem, OR.

**Hong J** (2012). The Importance of Athletic Conditioning. Youth Equipment and Sports Safety Seminar at Salem Public Library.

Hong J (2013). Scapular Medial Boarder Displacement Affects the Shoulder Rotator Cuff Musculature. International Sports Science Conference, Kyunghee University, Korea (August 21-22, 2013).

Hong J (2013). Movement Impairments: How to measure and What they mean? 3<sup>rd</sup> Institute of Physical Education International Conference, Bangkok, Thailand. (As a Invited Speaker)

Hong J. (2014). Functional Movement Screening and Its Application to Sports Rehabilitation. International Conference of Physical Education, Bangkok, Thailand. (As a Keynote Speaker)

### **Books and Translation Works**

Hong J. (2013). NASM Essentials of Corrective Exercise Training, 한미의학 (공동역자: 교정운동학)

Hong J. (2013). NASM Essentials of Sports Performance Training, 한미의학 (공동역자: 운동수행능력 향상 트레이닝)

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- Hong J. (2014). Skeletal Muscle Damage and Repair, 라이프사이언스 (공동역자: 운동상해의 기초)
- Hong J. (2014). Everyday is Game Day, 대성의학사 (공동역자: 트레이닝혁명)
- Hong J. (2014). Bodyweight Strength Training Anatomy, 푸른솔 (공동역자: 바디웨이트 트레이닝 아나토미)
- Hong J. (2015). 건강운동관리사를 위한 운동상해, 한미의학 (공동저서)
- Hong J. (2015). The Orthopedic Assessment Guide, 한미의학 (단독번역)

### Grants and Contracts

Maddalozzo GF, **Hong J.** (2004). Fracture Risk, Fall Risk, Falls and Bone Density in Women with Multiple Sclerosis. John C. Erkkila, M.D. Endowment \$ **14,375 Funded.**

**Hong J,** Oh J, Harter RA. (2006). The Effects of Whole Body Vibration Training on the Neuromuscular System. Turbosonic Research Grant \$ **10,000 Funded.**

**Hong J,** Harter RA. (2007). The Acute Effects of Whole Body Vibration on Glenohumeral Joint Position Sense, Neuromuscular Control, and Passive Joint Stiffness. NATA Doctoral Grant \$ 2,498 **Funded but returned due to change in the design of the study**

Equipment Grant (2008). Two units of whole body vibration platform (TurboSonic USA, OR) \$ **22,000 Funded.**

Science Collaborative Research Program Grant. Changes in Shoulder Neuromuscular Function after Acute Exposure of Vibration. **\$16,000 Funded.**

Equipment Grant (2009). GAITRite System (CIR systems, Inc. PA) \$ **36,000 Funded.**

Murdock Grant (2010). Effects of Whole Body Vibration Therapy on Type II Diabetic Peripheral Neuropathy **\$25,000 (Not Funded)**

iScience Grant (2010). Effects of WBV on Type II Diabetic Neuropathy. **\$4,000 Funded.**

Science Collaborative Research Program Grant (2011). Effects of WBV on Balance and Presynaptic Inhibition in Older adults. **\$16,000 Funded.**

Hewlett Grant (2011). Presynaptic Inhibition and Its relationship with postural sway in older adults. **\$3,500 Funded.**

Hewlett Grant (2011). Randomized Controlled Trial of Sonic Wave Vibration and Its Effectiveness on

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Neurological Function and Hemodynamics in Individuals with diabetic neuropathy. **\$9,800 Funded.**

Sports Industry Development Grant by Bureau of Culture, Sports, Tourism (2014). Customized insole production by 3D printing. **\$3,000,000 Funded**

### **Review of Peer Review Articles**

1. "Shoulder Muscle Activity During Push-Up Exercise on Stable and Unstable Surface" *Journal of Science and Medicine in Sport*, April 2009.
2. "The Role of Gluteus Medius Strengthening in Under-Age Elite Athletes" *Journal of Science and Medicine in Sport*, September 2009.
3. "sEMG of the Upper Extremity While Using Two Different Cutting Tools" *Clinical Kinesiology*, September, 2010.
4. "The Effects of a Resistance Training Program on Average Motor Unit Firing Rates" *Clinical Kinesiology*, December 2010.
5. "The Effects of a Resistance Training Program on Average Motor Unit Firing Rates" *Clinical Kinesiology*, December 2010.
6. "The hydrodynamic study of the swimming gliding: a two-dimensional CFD analysis" *Journal of Human Kinetics* June 2011.
7. "An Analysis of Compensation by the Sense of Effort for Loss of Peripheral Proprioception in the Elderly." *International Journal of Physiotherapy and Rehabilitation*, August 2011.
8. "Multi-unit sustained vibration loading platform for biological tissues: design, validation and experimentation." *Journal of Musculoskeletal Pain*, May 2012
9. "Classification of Electromyographic Intensity Patterns After Diverting Activities." *Clinical Kinesiology*, May, 2012
10. "A Comparison of the effects of concentric versus eccentric exercise on muscle activation patterns." *Clinical Kinesiology*, September 2012
11. "The relationship between hand-grip strength, anaerobic performance and isokinetic muscle strength in female handball players" *Isokinetics and Exercise Science*, November, 2013

### **Courses Taught**

Willamette University

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EXSCI 340 Care and Prevention of Athletic Injuries (Fall 2008, Spring 2009, Fall 2009, Spring 2010, Fall 2010, Spring 2011, Fall 2012)  
 EXSCI 445 Advanced Injury Management (Fall 2008, 2009, 2010, 2011)  
 EXSCI 440 Neuroscience (Fall 2009)  
 BIO 246 Human Anatomy (Spring 2009, 2010, 2011)  
 EXSCI 358 Neurophysiology of Muscular System (Spring 2012)

Oregon State University

EXSS 322 Anatomical Kinesiology (Lecture and lab)  
 EXSS 380 Therapeutic Modalities Lab  
 EXSS 450 Orthopedic Assessment of Athletic Injuries Lab  
 EXSS 394 Resistance Exercise Program Design (Lecture and lab)  
 PAC 278 Weight Training  
 PAC 288 Circuit Training  
 Faculty/staff Fitness Class: Circuit Training

Corban University

SC 334 Human Anatomy  
 SC 334L Human Anatomy Lab  
 HP 121 Weight Training  
 HP 361 Exercise Prescription  
 HP 412 Nutrition  
 HP 243 Care and Prevention of Athletic Injuries  
 HP 312 Motor Development  
 HP 313 Motor Learning  
 HP 423 Physiology of Exercise

Kookmin University

Human Anatomy  
 Functional Anatomy  
 Care and Prevention of Athletic Injuries  
 Therapeutic Exercises  
 Training Methods (Graduate)

**Awards**

1. Dr. Abendroth's Professor of the Year Award at Willamette University (2012)
2. Nominated for the Merit Award for Excellent Scholarship at Willamette University (2012)

**Professional Activities**

Editorial Board

- Journal of Human Kinetics
  - Clinical Kinesiology
  - Journal of Exercise Rehabilitation
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Reviewer

- Clinical Kinesiology
- International Journal of Physiotherapy and Rehabilitation
- Journal of Musculoskeletal Pain
- Gait and Posture

Advisory Board

- Oregon-National Strength and Conditioning Association
  - Diabetic Support Services, Salem, Oregon
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