Michael Liang

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Summary

Recent Kinesiology undergraduate seeking to apply my passion in exercise physiology/biomechanics/research to improve the quality of life and promote longevity in humans.

Education

California Polytechnic State University, San Luis Obispo
Bachelor of Science, Kinesiology concentration in **Exercise Science**

Relevant Coursework: Neuroanatomy, Human Physiology & Anatomy I & II, Functional Muscle Anatomy, Physiology of Exercise, Biomechanics, Adapted Physical Activity, Group Exercise Instruction, Pathophysiology & Exercise, Motor Development, Motor Learning & Control, EKG, Exercise Testing & Prescription, Nutrition for Fitness & Sport, Exercise & Health Gerontology, Managing Exercise Health & Sport Programs, Interdisciplinary Study in Biomechanics, Work & University Health Programs, Exercise for Diseased/Special Populations Disease Epidemiology, Cell and Molecular Biology, Chemistry: Agriculture & Life Science, Intro to Research Methods

Relevant Experience

Antigravitychain – Instagram   **September 2019 – Present**
Founder
- Provide scientific and research-based information and exercises to guide individuals who are seeking injury prevention and pain relief specifically in the lower kinetic chain
- Create educational captions to help individuals looking to improve athletic performance to maintain a robust physiological system for longevity
- Research and compile result-driven scientific material from literature and credible blogs to help educate and undiscover the ever-evolving physiological mechanisms of the human body

Frost Undergraduate Research – Cal Poly   **June 2019 – June 2020**
Researcher   San Luis Obispo, CA
- Collaborated in an interdisciplinary team setting in the Human Motion Biomechanics Lab to establish a research protocol and executed the research for Cal Poly's College of Science and Mathematics from the initial phase to end phase under Dr. Robert D. Clark & Christie O'Hara, M.S.
- Collected and post-processed 30 participant data sets through 3-D motion analysis (Cortex) and extracted processed data through MATLAB for accurate kinetic data
- Presented preliminary research results at the SWACSM 2019 conference to professors and other researchers in the academia field of sports medicine

Polyfit – Cal Poly   **August 2018 – June 2019**
Member   San Luis Obispo, CA
- Promoted a healthy lifestyle and personal health awareness of cardiovascular disease, diabetes, and other chronic diseases associated with sedentary lifestyles to improve daily activities
- Performed basic and/or full health assessments on clients weekly ranging from blood pressure, body composition, and fitness tests followed by a one-on-one debriefing of results based on ACSM guidelines
- Administered blood work testing to provide clients with results on their blood glucose and cholesterol/lipid profile

Additional Skills

- **Technical –** Microsoft Word/Excel/PowerPoint/Office, Google Suite, MATLAB, Cortex Motion Analysis, OpenSim, Delsys EMG Analysis, Statplus
- **Medical Equipment –** First aid (AED), blood pressure cuff, blood glucose/cholesterol & lipid profiling, metabolic cart & graded-stress testing, EKG, spirometry
- **Research –** Quantitative and qualitative data, force plates (AMTI), Helen Hayes Marker Set, surface EMG, stationary bike (SRM), walking gait, IRB proposals, statistical analyses, medical terminology