



OxyKRG

What is it?

OxyKRG brings together students and faculty to build research capacity in kinesiology, exploring human movement, health, and performance while translating science into practice.

Students involved in OxyKRG will:

1. Gain hands-on experience with research equipment, protocols, and data collection.
2. Learn how broad scientific questions become testable studies.
3. Develop teamwork, problem-solving, and professional communication skills.
4. Build confidence in analyzing and presenting scientific results.
5. Contribute to research that connects classroom learning to real-world health and performance.

Current Ideas & Projects

- **Lab Setup & Equipment Onboarding** – Inventory, calibration, and protocol development.
- **Muscle Power & Bone Study** – Pilot data collection linking muscle function to bone health.
- **Hamstring Strength Testing** – Exploring injury prevention and performance applications.
- **Resistance Training & Health** – Prof. Fink's study on training protocols, blood pressure, and heart rate.
- **Systematic Review** - What questions do you have?



Contact Prof. Yingling

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