

HE WANG (Ph.D.)
Professor

Office location: Biomechanics Lab
School of Kinesiology
Ball State University
Muncie, IN 47306
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Educational Background

2002 Ph.D. in Exercise Science
Department of Exercise Science
University of Georgia, Athens, GA

1997 MS in Biomechanics
Department of Biomechanics
National Institute of Sports Science, Beijing, China

1994 BMED, MD in Orthopedics
Department of Sports Medicine
Chengdu Sport University (formerly Chengdu Institute of Physical Culture), Chengdu, China

Professional Experience

07/2020 – Present, Professor in School of Kinesiology at Ball State University.

07/2014 – 06/2020, Associate Professor in School of Kinesiology at Ball State University.

08/2007 – 06/2014, Assistant Professor in School of Physical Education, Sport, and Exercise Science at Ball State University.

09/2002 – 07/2007, Assistant Professor in Department of Family, Nutrition, and Exercise Sciences at Queens College of the City University of New York.

Courses Taught

EXSC 294: Anatomical Kinesiology
EXSC 633: Seminar in Biomechanics
EXSC 651: Laboratory Techniques in Biomechanics
EXSC 652: Clinical Biomechanics
EXSC 655: Advanced Biomechanics

Publications

Higgins, S., Dickin, D.C., Hankemeier, D.A., Wells, M., Wang, H. (2025). The effect of incline walking on lower extremity and trunk mechanics in older adults. *Sports Med Health Sci* 7: 56-60.

Wu, X., Dickin, D.C., Bassette, L.A., Ashton, C., Wang, H. (2024). Clinical gait analysis in older children with autism spectrum disorder. *Sports Med Health Sci* 6(2): 154-158.

Edwards NA, Clark Dickin D, Walker SE, Wells MD, Wang H (2023) Swing kinematics, pelvis and trunk sequencing, and lower extremity strength in golfers with and without a history of low back pain. *Ann Sports Med Res* 10(4): 1214.

Zhou X, Luo A, Wang Y, Zhang Q, Zha Y, Wang S, Ashton C, Andamasaris JE, Wang H, Wang Q (2022) The effect of FIFA 11+ on the isometric strength and running ability of young soccer players. *Int J Environ Res Public Health* 19, 13186. <https://doi.org/10.3390/ijerph192013186>

- Mancini S, Dickin DC, Hankemeier D, Ashton C, Welch J, Wang H (2022) Effects of a soccer-specific jump on lower extremity landing kinematics. *Sports Med Health Sci* 4: 209-214.
- Hubble RP, Wang H, Nagelkirk P, Avedesian JM, Wilkinson R, Dickin DC (2022) Influence of whole body vibration on drop jump landings and knee loading mechanics. *J Orthopedics & Orthopedic Surg.* 2022; 3(1): 5-11
- Hughes J, Dickin DC, Wang H (2021) Soccer participation is associated with benefits in tibial bone cross-sectional geometry and strength in young women. *J Sports Med Phys Fitness.* 62(7), 969-973. DOI: 10.23736/S0022-4707.21.12519-8
- Wang H (2021) Anatomy and Kinesiology. In: Hargens (ed.). *ACSM's Resources for the Personal Trainer*. Wolters Kluwer, Lippincott, Williams & Wilkins, New York. pp. 48-112.
- Mancini SL, Dickin C, Hankemeier DA, Rolston, L, Wang H (2021) Risk of anterior cruciate ligament injury in female soccer athletes: a review. *J Orthopedics & Orthopedic Surg* 2021; 2(1): 13-21.
- Mancini SL, Troy W, Hall KA, Wu X, Wang H (2020) Radar technology as a mechanism for clinical gait analysis: a review. *J Ann Bioeng* 2020(1): 151-158.
- Li Y, Wang H, Simpson K (2020) Chronic ankle instability does not influence tibiofemoral contact forces during drop landings. *Proceedings* 49(5): 1-5.
- Edwards N, Dickin C, Wang H (2020) Low back pain and golf: a review of biomechanical risk factors. *Sports Medicine and Health Science* 2: 10-18.
- Judge LW, Bellar D, Links B, Mullally A, King M, Waterson Z, Fox B, Schoeff M, Nordmann N, Wang H (2020) Comparing training load and intensity perceptions between female distance runners and their coach. *J Orthopedics & Orthopedic Surg* 1(2):22-27.
- Fox BD, Judge LW, Dickin DC, Wang H (2020) Biomechanics of military load carriage and resulting musculoskeletal injury: a review. *J Orthopedics & Orthopedic Surg* 1(1):6-11.
- Li Y, Wang H, Simpson K (2019) The effect of chronic ankle instability on tibiofemoral contact forces during drop landings using a musculoskeletal model. *J Appl Biomech* <https://doi.org/10.1123/jab.2018-0436>
- Wang H, Kia M, Dickin DC (2019) Influences of load carriage and physical activity history on tibia bone strain. *J Sport Health Sci* 8(5): 478-485. DOI:10.1016/j.jshs.2016.08.012
- Richwalski B, Wang H, Hankemeier D, Avedesian J, Judge L, Dickin C (2019) Anticipatory effects on lower extremity kinetics during a land and cross step maneuver in female volleyball players. *J Sports Med Phys Fitness.* 59(7), 1168-74.
- Edwards N, Stokes A, Dickin C, Wang H (2019) Clinical gait analysis for assessing bilateral lower extremity function: a case study. *J Ann Bioeng* 2019(1): 56-64. DOI: 10.33513/BIOE/1901-05
- Hovey S, Wang H, Judge LW, Avedesian JM, Dickin DC (2019) The effect of landing type on kinematics and kinetics during single-leg landings. *Sports Biomech.* DOI: 10.1080/14763141.2019.1582690
- Iyoho A, Young J, Volman V, Shelley D, Ng L, Wang H (2019) 3D tibia reconstruction using 2D computed tomography images. *Mil Med* 184(3/4): 621-626. DOI: 10.1093/milmed/usy379
- Hughes J, Dickin DC, Wang H (2019) The relationships between multiaxial loading history and tibial strains during load carriage. *J Sci Med Sport* 22(1): 48-53. DOI: 10.1016/j.jsams.2018.05.026
- Wells MD, Dickin DC, Popp J, Wang H (2018) Effect of downhill running grade on lower extremity loading in female distance runners. *Sports Biomech* DOI: 10.1080/14763141.2018.1510538

- Avedesian JM, Judge LW, Wang H, Dickin DC (2019) Kinetic analysis of unilateral landings in female volleyball players after a dynamic and combined dynamic-static warm-up. *J Strength Cond Res* 33(6), 1524-1533. doi: 10.1519/JSC.0000000000002736
- Avedesian JM, Judge LW, Wang H, Dickin DC (2018) The biomechanical effect of warm-up stretching strategies on landing mechanics in female volleyball athletes. *Sports Biomech*. DOI:10.1080/14763141.2018.1503322
- Wang H, Dueball S (2018) Subject-specific musculoskeletal model for studying bone strain during dynamic motion. *J Vis Exp* (134), e56759, 1-12. DOI:10.3791/56759
- Wang H, Foster J, Franksen N, Estes J, Rolston L (2018) Gait analysis after total knee replacement vs customized partial knee replacement. *Int Orthop* 42:805-810. DOI: 10.1007/s00264-017-3622-z
- Wang H, Brown S (2017) The effects of total ankle replacement on ankle joint mechanics during walking. *J Sport Health Sci* 6: 340-345.
- Dickin DC, Surowiec R, Wang H (2017) Energy expenditure and muscular activation patterns through active sitting on compliant surfaces. *J Sport Health Sci* 6: 207-212.
- Wang H, Dueball S (2017) The effect of drop-landing height on tibia bone strain. *J Biomed Sci Eng* 10-1:10-20.
- Dahl K, Wang H, Popp JK, Dickin DC (2016) Load distribution and postural changes in young adults when wearing a traditional backpack versus the BackTPack. *Gait Posture* 45: 90-96.
- Dickin DC, Johann E, Wang H, Popp JK (2015) Combined effects of drop height and fatigue on landing mechanics in females. *J Appl Biomech* 31-4: 237-243.
- Wang H, Haggerty M, Dickin C, Popp J (2014) Incline walking: An offloading option for patients with knee OA. *Lower Extremity Rev*, August 2014.
- Haggerty M, Dickin D, Popp J, Wang H (2014) The influence of incline walking on joint mechanics. *Gait Posture* 39: 1017-1021.
- Surowiec R, Wang H, Nagelkirk P, Frame J, Dickin C (2014) The effects of whole body vibration on the Wingate test for anaerobic power when applying individualized frequencies. *J Strength Cond Res* 28-7: 2035-2041.
- Brown S, Wang H, Dickin D, Weiss K (2014) The relationship between leg dominance and knee mechanics during sidestepping in collegiate female footballers. *Sports Biomech* 13-4: 351-361.
- Wang H, Weiss K, Haggerty M, Heath J (2014) The effect of active sitting on trunk motion. *J Sport Health Sci* 3: 333-337.
- Dickin D, Faust K, Wang H, Frame J (2013) The effects of whole-body vibration on gait parameters in adults with cerebral palsy. *J Musculoskelet Neuronal Interact* 13-1: 19-26.
- Wang H, Frame J, Ozimek E, Leib D, and Dugan E. (2013) The effects of load carriage and muscle fatigue on lower-extremity joint mechanics. *Res Q Exerc Sport* 84(3): 305-312.
- Wang H, Rolston L (2012) The influence of partial knee replacement designs on tensile strain at implant-bone interface. *Int J Rheumatol* 2012: 1-7.
- Wang H, Frame J, Ozimek E, Leib D, Dugan E (2012) Influence of fatigue and load carriage on mechanical loading during walking. *Mil Med* 177-2: 152-156.

- Wang H, Frame J, Rolston L (2012) Influence of bi-compartmental knee replacement on stand-to-sit. *Res Q Exerc Sport* 83-2: 136-142.
- Wang H, Toner M, Lemonda T, Zohar M (2010) Changes in landing mechanics after cold-water immersion. *Res Q Exerc Sport* 81-2: 127-132.
- Lanier A, Simpson K, Gregory C, Stevenson S, Wang H, Dudley G (2009) Exercise-induced muscle injury and influence of NSAID therapy on kinematics of downhill walking in older adults. *J Exerc Physiol Online* 12-5: 11-21.
- Wang H, Dugan E, Frame J, Rolston L (2009) Gait analysis after bi-compartmental knee replacement. *Clin Biomech* 24-9: 751-754.
- Wang H, Simpson K, Chamnongkitch S, Kinsey T, Mahoney OM (2008) Biomechanical influence of TKA designs with varying radii on bilateral TKA patients during sit-to-stand. *Dyn Med* 7-12.
- Wang H, Simpson K, Ferrara M, Chamnongkitch M, Kinsey T, Mahoney OM (2006) Biomechanical differences exhibited during sit-to-stand between total knee arthroplasty designs of varying radii. *J Arthroplasty* 21-8: 1193-1199.
- Wang H, Simpson K, Chamnongkitch S, Kinsey T, Mahoney OM (2005) A biomechanical comparison between the single-axis and multi-axis total knee arthroplasty systems for the stand-to-sit movement. *Clin Biomech* 20: 428-433.
- Wang H (2000) Strength characteristics of young adults' shoulder flexor and extensor muscle groups, Part II: Isokinetic eccentric strength. *J Chengdu Phys Ed Inst* 26-3: 57-62.
- Wang H (2000) Strength characteristics of young adults' shoulder flexor and extensor muscle groups, Part I: Isometric and isokinetic concentric strength. *J Chengdu Phys Ed Inst* 26-2:46-52.
- Simpson KJ, Ciapponi T, Wang H (1999) Biomechanics of landing. In: W. Garrett (ed.). *Exercise and Sports Science*. Lippincott, Williams & Wilkins, New York. pp. 539-550.

Research Grants

- Wang H. (CoPI). Validating TayCo's One-Size external ankle brace to reduce AFSPECWAR trainee attrition. Department of Defense. (2024-2026) (\$510,000)
- Wang H. (PI). Biomechanical evaluation of the complete upper body bar compared to traditional devices. Resistance in Motion. LLC. (2023-2024) (\$35,000)
- Wang H. (PI). Developing a novel Dual-FMCW radar device to study human gait. Indiana Space Grant Consortium. (2020-2021) (\$20,000)
- Wang H. (PI). Developing a novel radar device to study human gait. Indiana Space Grant Consortium. (2019-2020) (\$15,000)
- Wang H. (PI). The effect of using a REST device on biomechanics of sitting and balance control. GAIT LLC. (2018-2019) (\$6,829)
- Wang H. (PI). Prolonged cycling's effect on transition run mechanics in triathletes. Force and Motion Foundation. (2016) (\$500)
- Wang H. (PI). Effects of soccer training history on tibia mechanical strength during load carriage in females. Department of the Army. (2014-2017) (\$719,022)

Wang H. (PI). Functional improvement after iDuo bi-compartmental knee replacement: a cross-sectional study with biomechanical analysis of daily activities. ConforMIS, Inc. (2014-2016) (\$63,908)

Wang H. (PI). Knee joint loading during golf swing – a computer simulation approach. KonKuk University. (2011-2014) (\$81,000)

Wang H. (PI). The effects of physical activity history on biomechanical variables related to tibia stress fractures. Department of the Army. (2010-2013) (\$827,770)

Wang H. (PI). The effects of total ankle replacement on ankle joint mechanics during walking. Force and Motion Foundation. (2011-2012) (\$500)

Wang H. (PI). Biomechanical adjustments with time of an exhaustive run: comparison of compression tights and running shorts. Wacoal Sports Science Corp. (2010-2011) (\$1,164)

Wang H. (PI). Energy expenditure and muscular activation patterns associated with active sitting on an automatic Abs Seat Cushion and on an exercise ball. License Services International Inc. (2010) (\$1,000).

Wang H. (PI). Visual attentiveness during prolonged sitting in a Comfort Motion Technology equipped automobile seat. Comfort Motion Technology Inc. (2009) (\$26,997).

Wang H. (PI). The effects of fatigue and load carriage on musculoskeletal injury mechanisms. Department of the Army. (2008-2010) (\$1,244,000)

Wang H. (PI). Biomechanical analysis of a bi-compartmental knee replacement system during daily activities. Ball State University, SEET Fund. (2007-2008) (\$3,000).

Wang H. (PI). Influence of joint cooling on landing movement. PSC-CUNY 38 Research Award (2007-2008) (\$4,376).

Wang H. (PI). Does cold exposure increase risk of ACL injuries in females – a biomechanical study. PSC-CUNY 37 Research Award. (2006-2007) (\$1,700)

Wang H. (PI). Biomechanical characteristics of drop landing after cold exposure. PSC-CUNY 35 Research Award. (2004-2005) (\$4,517)

Wang H. (PI). The effect of the single-radius and multi-radius total knee arthroplasty designs on the knee strength and functional performance during the sit-to-stand and stand-to-sit. PSC-CUNY 34 Research Award. (2003-2004) (\$4,350)

Editorship

Editor-in-Chief, Journal of Orthopedics and Orthopedic Surgery. (April 2019 - Present).

Editorial Board Member, Journal of Annals of Bioengineering. (October 2018 - Present).

Memberships and Associations

- American College of Sports Medicine (ACSM).
- International Society of Biomechanics (ISB).
- American Society of Biomechanics (ASB).
- Sigma Xi – The Scientific Research Society of North America.
- International Chinese Society for Physical Activities and Health.
- International Council for Health, Physical Education, Recreation, Sport, and Dance (ICHPER·SD).