

Zhe Song

Doctoral Researcher

[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](/schools/sport-exercise/index.aspx)

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About

PhD Title: Understanding the molecular regulation of mTORC1 in human skeletal muscle in response to exercise and nutrition

Supervisors: Dr Andy Philp, Dr Sarah Aldred

I am a young researcher studying in sports sciences, with highly interests to combine micro molecular biology study with macro human physiology research, to deepen our sights, and make more stories on human body mechanisms.

Qualifications

Outstanding Graduate in 2008
College scholarship winner for three times during the undergraduate study
Li Siguang Scholarship winner in 2011

Biography

I graduated from Shandong Agricultural University (Tai'an, CHINA) majoring in Bioengineering in 2008, and obtained my Master degree studying in cell biology at Beijing Normal University (Beijing, CHINA) in 2011. Then I was funded by the Chinese government to study as a PhD candidate in University of Birmingham for 3 years.

Research

Research group: Exercise Metabolism Research Group

My interests lie in the muscular lipids metabolism in disease and sports, especially their possible mechanism inducing insulin resistance and diabetes.

- The efforts of amino acid supplementation and exercise training on stimulating amino acid uptake and protein synthesis in human skeletal muscle
- The molecular mechanism of amino acid nutrition and exercise on promoting protein synthesis in human skeletal muscle cells, mainly focusing on the expression, localisation, and interaction of proteins on related signaling pathways

Other activities

The member of Class management administrations.

The members of plane model fans.

The members of English corner.

Delegate of the 39th Adipose tissue discussion group hold at University of Bath