

Curriculum Vita

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Current Position

Professor of Health & Kinesiology, Department of Counseling, Health, and Kinesiology
Texas A&M University-San Antonio, San Antonio. Texas.

Current Research Interest

Physiological adaptations resulting from resistance exercise and the influence of hormonal factors, nutritional strategies, and pharmacological interventions, including traditional Eastern medicine approaches such as herbal medicine and acupuncture. Evaluation of exercise performance enhanced through various supplementation and intervention strategies. Rehabilitation strategies incorporating exercise and additional interventions, including digital health solutions. Preventive measures and treatment options for diabetes and obesity through exercise and dietary interventions.

Membership

American College of Nutrition ([ACN](#)): Fellow
Korean Society at American College of Sports Medicine (KS-ACSM): President (2005 to 2021)
Asia Society of Kinesiology ([ASK](#)): Founding Board member
American College of Sports Medicine ([ACSM](#))
American Physiological Society ([APS](#))
National Strength Conditioning Association ([NSCA](#)): CPT (Certified Personal Trainer)
Korean Society of Exercise Nutrition ([KSEN](#))

Education

<u>Institution</u>	<u>Degree</u>	<u>Date</u>	<u>Specialization</u>
Seoul National University	B. S.	1990	Physical Education
Seoul, Korea	M.A	1992	Exercise Physiology
University of Texas at Austin	Med.	1997	Exercise Physiology
Austin, Texas	Ph.D.	2002	Muscle Physiology

Professional Training

2002 - 2003: Postdoctoral Fellow in Dept. Physiology: University of Pennsylvania School of Medicine with Dr. H Lee. Sweeney

Researching Experiences

1990 - 1992: Research Assistant in Dept. Physical Education: Seoul National University. Exercise Physiology Lab with Dr. Jun.
1993 - 1995: Researcher in Dept. Physical Education Division: Korea Air Force Academy. The Development of Aero-workout to Improve Aircrew's Physical Function
1996 - 1997: Human Performance Lab with Dr. Coyle in Dept. of KIN & HED. The University of Texas at Austin.
1998 - 2002: Research Assistant in Dept. of KIN & HED: The University of Texas at Austin. Muscle Physiology Lab with Dr. Roger P. Farrar

- 2002 - 2003: Postdoctoral Fellow in Dept. Physiology: University of Pennsylvania School of Medicine with Dr. H Lee. Sweeney
- 2004 - 2008: Assistant Professor of Fitness and Sports in Dept. Teacher Preparation, College of Education, Texas A&M International University
- 2008 - 2013: Associate Professor of Kinesiology in Dept. of Curriculum and Pedagogy, College of Education, Texas A&M International University (Tenured in 2009)
- 2013 - 2019: Associate Professor of Kinesiology in Dept. of Counseling, Health and Kinesiology at Texas A&M University-San Antonio, San Antonio. Texas
- 2019 - Pres: Professor of Kinesiology in Dept. of Counseling, Health and Kinesiology at Texas A&M University-San Antonio, San Antonio. Texas

Teaching Experiences

- 1990 - 1992: Teaching Assistant in Dept. Physical Education: Seoul National University. Exercise Physiology and Physical Activity Classes.
- 1992 - 1995: Instructor in Dept. Physical Education: Korea Air Force Academy. Exercise Physiology and Physical Activity Classes
- 1997 - 2002: Teaching Assistant in the Department of Biological Science, The University of Texas at Austin.
 BIO 303: Structure and Function of Organism with Dr. Robert Barth.
 BIO 302: Cellular and Molecular Biology with Dr. Inder Saxena.
 BIO 211: Introduction of Cell Biology with Dr. Sata Satasivian.
 BIO 311: Molecular Laboratory with Dr. Sata Satasivian.
- 2004 - 2008: Assistant Professor of Fitness and Sports in Dept. Teacher Preparation, College of Education, Texas A&M International University, Laredo. Texas
- 2008 - 2013: Associate Professor of Kinesiology in Dept of Curriculum and Pedagogy, College of Education, Texas A&M International University, Laredo. Texas
- 2013 - 2019: Associate Professor of Kinesiology in the Department. of Counseling, Health, & and Kinesiology at Texas A&M University-San Antonio, San Antonio. Texas
- 2019 - Pres: Professor of Kinesiology in Dept. of Counseling, Health and Kinesiology at Texas A&M University-San Antonio, San Antonio. Texas

Undergraduate Courses:

EDFS 3300 Exercise Physiology, EDFS 2300 Physical Fitness, EDFS 4301 Tests and Measurements, EDKN 3316 Medical Terminology, EDKN 3426 Basic Physiology of Exercise, EDKN 4324 Exercise in Chronic Disease and Disability, EDKN 4325 Biomechanics, EDKN 4328 Internship, EDKN 4417 Advanced Physiology of Exercise

Health Education Courses:

EDHW 3345 Chronic and Infectious Disease. EDHW 4310 School/Community Health Promotion, EDHW 4315 Comprehensive Sexuality Education, EDHW 4320 Substance Abuse Education

Graduate Courses:

EDFS 5303 Physiology of Aging, EDFS 5305 Exercise, Nutrition and Energy Metabolism, EDFS 5313 Performance Enhancement in Sports, EDFS 5307 Exercise and Chronic Disease, EDKN 5312 Physiology of Exercise, EDKN 5334 Fitness, Nutrition, and Weight Control, EDKN 5336 Youth Fitness & Performance, EDKN 5337 Aging & Physical Activity

Administrative Experiences

- 2008 - 2012: Director of Health and Wellness Education & Research Center, College of Education, Texas A&M International University, Laredo. Texas
- 2015 - 2017: Program Coordinator of Health & Kinesiology, Texas A&M University-San Antonio, San Antonio. Texas
- 2017 - 2019: Associate Chair of the Department of Counseling, Health, & Kinesiology at Texas A&M University-San Antonio, San Antonio. Texas
- 2022 – 2024: Associate Chair of the Department of Counseling, Health, & Kinesiology at Texas A&M University-San Antonio, San Antonio. Texas

Committee & Service (University)

- 2006 - 2007: University Promotion, Tenure and Retention Committee
- 2006 - 2007: University Grants Committee
- 2004 - 2006: Faculty Search Committee for Fitness and Sports Program
- 2005 - 2007: College Promotion, Tenure and Retention Committee
- 2006 - 2008: Departmental Representative for Faculty Senate
- 2007 - 2008: University Committee on Committees
- 2007 - 2008: University Faculty Work Environment and Moral Committee
- 2008 - 2009: University Institutional Review Board (IRB)
- 2007 - 2011: Dean's council member for the College of Education
- 2009 - 2010: Faculty Search Committee for Fitness and Sports, **Chair**
- 2010 - 2011: Dean's Search Committee (College of Education)
- 2004 - 2013: Curriculum Committee for Kinesiology
- 2007 - 2013: Southern Association of Colleges and Schools for Kinesiology
- 2007 - 2013: University Institutional Animal Care and Use Committee (IACUC)
- 2008 - 2013: College Excellence in Educational Awards Committee
- 2009 - 2013: College Promotion, Tenure and Retention Committee
- 2009 - 2013: University Promotion, Tenure and Retention Committee
- 2011 - 2013: University Faculty Development Leave Committee
- 2012 - 2013: University Graduate Council Committee
- 2012 - 2013: University Employee Wellness Committee
- 2013 - 2014: Faculty Search Committee for Kinesiology
- 2014 - 2015: College Curriculum Committee
- 2014 - 2015: College's Graduate Program Development Committee
- 2014 - 2015: University's Dean's List Committee
- 2015 - 2015: Department Chair Search Committee
- 2016 - 2016: Provost Search Committee for the University
- 2016 - 2017: Faculty Search Committee for Community Health
- 2016 - 2017: Faculty Search Committee for Kinesiology, **Chair**
- 2016 - 2017: Faculty Search Committee for Exercise Physiology
- 2015 - 2017: Program Coordinator of Health & Kinesiology
- 2015 - 2017: University Retention Committee
- 2017 - 2018: President's Commission on Equity (PCOE)
- 2016 - 2018: STEM (Science & Technology Building) Committee
- 2017 - 2018: Search Committee for Director of Sponsored Programs
- 2017 - 2019: Associate Chair of the Department
- 2019 - 2020: University's Compliance and Grievance Committee
- 2017 - 2020: University's Faculty Senate Committee
- 2015 - 2020: University's Scholarship Committee
- 2018 - 2020: College Faculty Research Grant Committee
- 2018 - 2022: University Research Council Committee
- 2022 - 2022: University Faculty Awards Committee, **Chair**

2013 - 2020: University International Education Working Group
 2020 - 2022: College Diversity Committee
 2016 - 2020: Wellness Advisory Council for the University
 2020 - 2022 : College Recruitment and Enrollment Committee
 2021 - 2022: College Promotion and Tenure Committee
 2020 - 2024: Program Adjunct Evaluation Committee
 2020 - 2024: Program Website Committee
 2017 - 2024 : Departmental Faculty Annual Performance Merit Committee
 2022 - 2024: University Faculty Compensation Advisory Committee
 2023 - 2025 : Program MOU (Internship) Committee
 2024 - 2025 : Faculty Development Leave Committee
 2013 - Pre : Southern Association of Colleges and Schools for Kinesiology
 2020 - Pre : Departmental Tenure and Promotion Committee
 2024 - Pre : Program Graduate Degree Committee
 2025 - Pre : University Institutional Animal Care and Use Committee (IACUC)
 2025 - Pre : College Promotion and Tenure Committee
 2024 - Pre : College Curriculum Committee

Honors, Awards and Scholarships

1986 - 1990: Han Jin Co. Undergraduate Scholarship
 1990 - 1992: Graduate Scholarship. Seoul National University, Seoul, Korea
 1996 - 1997: D.K. Brace Graduate Scholarship in Dept. of KIN & HED
 The University of Texas at Austin
 2000 : Graduate Student Professional Development Awards
 2000 : Student Research Manuscript Award in ACSM Texas Regional Chapter
 2001 : Nomination for Best TA of the Year in Dept. Biological Science
 The University of Texas at Austin
 2002 : Research Development Award in ACSM Texas Regional Chapter
 2002 : Graduate Student Professional Development Awards in ACSM Texas
 2008 : Scholar of the Year for College of Education at TAMIU
 2008 : International Faculty Development Fund, International Office, TAMIU
 2009 : Excellence in Education Award (Faculty Community Service) COE at TAMIU
 2013 : Scholar of the Year for College of Education at TAMIU
 2016 : President Recognition at Texas A&M University-San Antonio (*A&M-SA*)
 2017 : Faculty Recognition Award for Outstanding Research COEHD
 2020 : Faculty Recognition Award for Outstanding Research COEHD
 2021 : Senior Scholarly Research Award of the University (*A&M-SA*)

Grant (Funded only)

2002 : Research Development Award in ACSM Texas Regional Chapter, PI (\$500.00),
 2004 : Texas Center Research Fellow Grant, Principal Investigator (\$3,000.00)
 2004-05 : Regents' Initiative for Excellence in Education Grant, PI (\$3,000.00)
 2005 : Texas A&M International University Grant, Principal Investigator (\$1,000.00)
 2005-06 : Texas Center for Border Economic and Enterprise Development, PI (\$3,000.00)
 2006 : Texas A&M International University Grant, Principal Investigator (\$725.00)
 2006 : Dean's grant of College of Education, Principal Investigator (\$1,000.00)
 2006 : Expert Imaging Center of Laredo (MRI), PI (Service equal amount of \$ 30,000.00)
 2006 : Texas Center Research Fellow Grant, Principal Investigator (\$3,000.00)
 2007 : Texas A&M International University Grant, Principal Investigator (\$950.00)
 2007 - 08 : Texas A&M International University Grant, Principal Investigator (\$7,000.00)
 2007 - 08 : Texas A&M University, VPR Research, MARLC & PIMSA, Co-PI (\$74,000.00)

- 2008 - 09 : Novo Nordisk, Grant and Contributions, Grand Rounds Grant, PI (\$2,500.00)
- 2008 - 09 : Texas A&M International University Grant, Principal Investigator (\$7,000.00)
Combination of Acupuncture and Diet Treatments for Facilitating Recovery of Muscle Function and Strength in Hind limb Suspended Rats
- 2009 - 10 : Novo Nordisk, Grant and Contributions, Grand Rounds Grant, PI (\$3,750.00), Issues of Childhood Obesity and Diabetes in Texas
- 2010 - 11 : Texas A&M International University Grant, Principal Investigator (\$10,000.00), Combination of Acupuncture and Herb Medication for Facilitating Recovery of Muscle Function and Strength in Twenty One days of Immobilization by Casting Model in Rats
- 2010 - 11 : EARDA (Extramural Associate Research Development Award), PI (\$800.00), Combination of Acupuncture and Diet Treatments for Facilitating Recovery of Muscle Function and Strength in Hind limb Suspended Rats
- 2010 - 11 : Dr. Sloman-Moll's Research Grant to Health Center under Dr. Lee (\$10,000.00), Comparison of Various Resistance Training Protocols for Finding Most Effective Method for Inducing Hypertrophy in Skeletal Muscle in Rat
- 2010 - 11 : Texas A&M University, VPR Research, MARLC & PIMSA, Co-PI (\$24,000.00)
Assessment of Health Literacy for Improved Diabetes Self-Management and Outcomes: A Bi-National Comparison of Mexicans and Mexican-Americans
- 2011 - 12 : Dr. Sloman-Moll's Research Grant to Health Center under Dr. Lee (\$10,000.00), Comparisons of Different Methods for Facilitating Recovery from Previous Workout
- 2011 - 12 : Novo Nordisk, Grant and Contributions, Grand Rounds Grant, PI (\$1,250.00), Issues of Childhood Obesity and Diabetes in Texas
- 2012 - 13 : Dr. Sloman-Moll's Research Grant to Health Center under Dr. Lee (\$10,000.00), Effect of Motivational Signs on Physical Activity in a College Campus
- 2013 - 14 : Dr. Sloman-Moll's Research Grant to University under Dr. Lee (\$5,000.00), Comparison of multiple sets and single set of resistance training on muscle mass and Strength
- 2014 - 15 : Student Success & Retention Grant (*A&M-SA*), PI (\$5,000.00), Effectiveness of Active Supporting Program for Student Retention and Success in Kinesiology Degree
- 2014 - 16 : Korea Food Research Institute, Principal Investigator (\$55,000.00), Effects of Korea Red Ginseng Drink on Endurance, Strength, Power, and Performance Recovery during Cycling
- 2015 - 16 : MediPlus Solution, Co, Principal Investigator (\$20,000.00), Development of active ECG sensor with motion artifact and fake calorie removal algorithm based on multi-modal information
- 2017 - 18 : College of Education and Human Development (*A&M-SA*), PI (\$3,000), Usage of Mobile Devices on Cognitive Function and Walking Dynamics in Obese Population

- 2017 - Pre : MediPlus Solution, Co, Principal Investigator (\$30,000.00), Validation of the Wristband Device for the Measurement of Physical Activity
- 2018 - 19 : Strategic Planning Initiative Seed Fund (*A&M-SA*), Principal Investigator (\$16,000.00), Freshman Health and Wellness Study
- 2018 - 19 : President's Commission on Equity (*A&M-SA*), Principal Investigator (\$2,500), The effectiveness of disability awareness workshop
- 2019 - 20 : Research Council Grant (*A&M-SA*), Principal Investigator (\$5,000.00), Jaguar Freshman Health and Wellness Study
- 2020 - 21 : College of Education and Human Development (*A&M-SA*), Principal Investigator (\$10,000), Comparisons of Acupuncture, Electroacupuncture, and Electrostimulation Treatments for Facilitating Recovery of Muscle Function and Strength in Immobilized Rats by Casting Model
- 2020 - 21 : President's Commission on Equity (*A&M-SA*), Principal Investigator (\$2,500), The Effect of COVID-19 on A&M-SA Students
- 2020 - 25 : National Institution of Health (NIH R25, NINDS), Collaborator (\$538,400), Summer Physiology Undergraduate Research (SPUR) Program
- 2021 : Research Council Grant (*A&M-SA*), Principal Investigator (\$10,000), Comparisons of Acupuncture, Electroacupuncture, and Electrostimulation Treatments for Facilitating Recovery of Muscle Function and Strength in Immobilized Rats by Casting Model
- 2021- 22 : College of Arts and Sciences, Co-Applicant (\$2,000), Funds to Host Visiting Presenters
- 2021- 23 : Meadow Foundation, Principal Investigator (\$125,610), The Student Health and Success Initiative (SHASI).
- 2025 - 26 : Research Council Grant (*A&M-SA*), Co-Investigator (\$7,408), Impact of a Newly Developed Makeup Product on Skin Condition During Exercise: A Comparative Study with Existing Makeup Product

Publications (Journal)

1. **Lee, S.**, Jung, H. C., Sargent, M., & Kang, M. (2025). Acute Effects of Wild Ginseng Extract on Exercise Performance, Cognitive Function, and Fatigue Recovery: A Randomized Cross-Over, Placebo-Controlled, and Double-Blind Study. *International Journal of Translational Medicine*, 5(1), 5. <https://doi.org/10.3390/ijtm5010005>. (SCOPUS).
2. Mockler S, Fang YJ, Jia UA, Park J, Kim JH, Park Y, Chicco AJ, Umeda M, **Lee S**, Chung E. (2025). Acupuncture treatment preserves soleus muscle mass and improves mitochondrial function in a rat model of disuse atrophy. *Integr Med Res* 14(3):101178. <https://doi:10.1016/j.imr.2025.101178>. (SCIE, SCOPUS).
3. Shen, S., Kwon, S., & **Lee, S.** (2025). Gender differences in regretted consensual sexual experiences and problematic alcohol use among first-year college students. *Journal of Social, Behavioral, and Health Sciences*, 19, 1–14. <https://doi.org/10.5590/JSBHS.2025.19.1735>.

4. Park, J., Symons, T.B., Kwon, E., Chung, E., & **Lee, S.** (2024). Alternative Treatments to Exercise for the Attenuation of Disuse-Induced Skeletal Muscle Atrophy in Rats. *Muscles*. 3(3), 224–234. <https://doi.org/10.3390/muscles3030020>. (SCOPUS).
5. Seo, MW., **Lee, S.** & Jung, H.C. (2024). Impact of Supra-maximal Interval Training vs. High-intensity Interval Training on Cardiac Auto-regulation Response in Physically Active Adults. *Eur J Appl Physiol*. <https://doi.org/10.1007/s00421-023-05402-1>. (SCIE, SCOPUS).
6. Yoon, E. J., Kwon, E. H., Kim, J. H., Delacruz, J., Symons, T. B., **Lee, S.**, & Park, D. (2024). Influence of Cosmetic Foundation Cream on Skin Condition during Treadmill Exercise. *Journal of Cosmetic Dermatology*. 23, 1884-1890. <https://doi.org/10.1111/jocd.16205>. (SCIE, SCOPUS).
7. Park, J., Kwon, E, Kim, J., Yoon, B., Kim, J, Kim, K & **Lee, S.** (2024). The Effect of Inorganic Nitrate Supplementation on Muscle Fatigue in Healthy Adults; A Meta-Analysis. *Physical Activity*, 1(2), 41-52. <https://doi.org/10.63020/pa.2024.1.2.41>.
8. Kwon, E., Smith, J., & **Lee, S.** (2023). Effects of Voluntary Tutoring and Mandatory Tutoring on Academic Performance. *Journal of Sport and Applied Science*, 7(3), 27–35. <https://doi.org/10.13106/jsas.2023.vol7.no3.27>.
9. Symons, T., Park, J., Kim, J., Kwon, E., Delacruz, J., Lee, J., Park, Y, Chung, E, **Lee, S.** (2023). Attenuation of Skeletal Muscle Atrophy via Acupuncture, Electro-Acupuncture, and Electrical Stimulation. *Integr. Med. Res*, 12(22), <https://doi.org/10.1016/j.imr.2023.100949>. (SCIE, SCOPUS).
10. Gear, K., Kim, R., **Lee, S.** (2022). Effects of Training with Blood Flow Restriction on Muscular Strength: Meta-analysis. *International Journal of Exercise Science*. 15(3) 1563-1577.
11. Kim, J., **Lee, S.** (2022). Maternal Low-Intensity Exercise and Probiotics Ingestion during Pregnancy Influence Physical Ability and Brain Function in Adolescent Offspring, *J. Funct. Foods*. 99 <https://doi.org/10.1016/j.jff.2022.105311>. (SCIE, SCOPUS)
12. Kim, J., Yoon, B., Park, J., Kwon, E., Kim, K., **Lee, S.** (2022). The Association between Maternal Folate Status and Childhood Obesity- Systematic Review and Meta-analysis. *Exerc Sci*.31(2):159-167. <https://doi.org/10.15857/ksep.2022.00129>. (SCOPUS).
13. Son, J., **Lee, S.**, Kang, M., Shin, Y., Kim, J. (2022). Optimal Frequency Intensity of Physical Activity to Reduce the Risk of Hypertension in the Korean Population. *Exerc Sci*. 31(1), 129-140. <https://doi.org/10.15857/ksep.2021.00626>. (SCOPUS).
14. Choi, H., Lim, J., **Lee, S.** (2021). Body Fat-Related Differences in Gait Parameters and Physical Fitness Level in Weight-Matched Male Adults, *Clinical Biomechanics*. 81. <https://dx.doi.org/10.1016/j.clinbiomech.2020.105243>. (SCOPUS).
15. Cho, E., Choi, Y., Kim, J., Bae, J., Cho, J., Park, D., Kang, J., Yoon, J., Park, E., Seo, D., **Lee, S.**, Kwak, H. (2021). Exercise Training Attenuates Ovariectomy-Induced Alterations in Skeletal Muscle Remodeling, Apoptotic Signaling, and Atrophy Signaling in Rat Skeletal Muscle. *Int Neurourol J*. 2021;25 (Suppl 2): S47-54. <https://doi.org/10.5213/inj.2142334.167>. (SCI, SCOPUS).
16. Bernard, J., Liao, Y, Madrigal, C., Levesque, J., Frazee, Del Toro, I., **Lee, S.** (2021). The Effects of Low Volume versus High Volume Sled-Push Training on Muscular Adaptation, *Exerc Sci*. 30(2), 264-269. <https://dx.doi.org/10.15857/ksep.2021.30.2.264>. (SCOPUS).
17. Hong, K., Kim, J., **Lee, S.**, Kim, K (2020). Effect of Previous Strength Training Episodes and Retraining on Cross-Sectional Area and Protein Contents of Rat Soleus Muscle. *Exerc Sci*. 29(4), 352-358. <https://dx.doi.org/10.15857/ksep.2020.29.4.352>. (SCOPUS).
18. Lee, K., **Lee, S.**, Park, J. (2020). Comparison of Upper And Lower Body Anaerobic Power between Visually Impaired Judo and Goalball Athletes. *Journal of Men's Health*. 16(3), e87-e97. <https://dx.doi.org/10.31083/jomh.v16i3.278> (SSCI, SCOPUS).
19. Lim, J., Kim, J., Seo, K., Van E, Richard E., & **Lee, S.** (2020). The Effects of Mobile Texting and Walking Speed on Gait Characteristics of Normal Weight and Obese Adults. *Motor Control*. <https://dx.doi.org/10.1123/mc.2020-0006>. (SCI).

20. Choi, S., Russell, K., Shah, K., **Lee, S.** (2020). Comparison of the Effect of Zumba and Aerobic Training on Body Composition and Balance in Young Obese Women. *International Journal of Human Movement Science*, 14(1), 69-79. (KCI).
21. Jung, H., Kang, M., Lee, N., Jeon, S., & **Lee, S.** (2020). Impact of Placement of Fitbit HR monitors under Laboratory and Free-living Conditions. *Sustainability*, 12(16), 6306; <https://dx.doi.org/10.3390/su12166306>. (SSCI, SCOPUS).
22. Kim, J., Ko, J., Lim, J., Choi, H., Seo, K., & **Lee, S.** (2020). Effects of a Four-Week Core Stability Exercise on Functional Movement and Balance in People with mild Lower-limb Discomfort. *Montenegrin Journal of Sports Science and Medicine*, 9(2), 13-20. <http://dx.doi.org/10.26773/mjssm.200903> (SCOPUS).
23. Jung, H., Lee, N., Kim, Y., & **Lee, S.** (2020). The Effects of Wild Ginseng Extract on Psychomotor and Neuromuscular Performance Recovery Following Acute Eccentric Exercise: A Preliminary study. *Applied Science*, 10(17), 5839, <https://dx.doi.org/10.3390/app10175839>. (SCI).
24. Yoon, A., Choi, S., Mun, J., Hong, J., Hahn, D., Kang, M., & **Lee, S.** (2020). Motivational Signage Increases Stair Usage on a Hispanic Serving Institution. *The Journal of American College Health*, 68(3), 236-241, <http://dx.doi.org/10.1080/07448481.2018.1539000>. (SCOPUS).
25. Jung, H., Jeon, S., Lee, N., Kim, K., Kang, M., & **Lee, S.** (2019). Effects of Exercise Intervention on Visceral Fat in Obese Children and Adolescents: Meta-analysis. *The Journal of Sports Medicine and Physical Fitness*, 59(6), 1045-57, <http://dx.doi.org/10.23736/S0022-4707.18.08935-1>. (SCI & SCOPUS).
26. Chang, S., Kim, K., Lee, J., & **Lee, S.** (2019). The Effectiveness of Physical Activity Interventions for Low-income and Ethnic Minority Children and Youths: A Meta-analysis. *Journal of Physical Activity and Health*, 16(9), 799-808, <https://dx.doi.org/10.1123/jpah.2018-0648>. (SSCI).
27. Lee, On., **Lee, S.**, Kang, M., Mun, J., Chung, J. (2019). Prediction of Maximal Oxygen Consumption using the Young Men's Christian Association-Step Test in Korean Adults. *European Journal of Applied Physiology*, 119(5), 1245-1252, <https://dx.doi.org/10.1007/s00421-019-04115-8>. (SCI).
28. Jung, H., Lee, N., Smith, J., & **Lee, S.** (2019). Elevation Training Mask Induces Modest Hypoxemia but Does Not Affect Heart Rate Variability during Cycling in Healthy Adults. *Biology of Sport*, 36(2), 105-112, <https://dx.doi.org/10.5114/biolSport.2019.79976>. (SCI & SCOPUS).
29. Jeon, S., Cho, K., Ok, G., **Lee, S.**, Park, H. (2018). Weight Loss Practice, Nutritional Status, Bone Health, and Injury History: A Profile of Professional Jockeys in Korea. *Journal of Exercise Nutrition & Biochemistry*, 22(3), 27-34, <http://dx.doi.org/10.20463/jenb.2018.0021>. (KCI).
30. Jung, H., Seo, M. W., **Lee, S.**, Jung, S. W., and Song, J. (2018). Vitamin D3 Supplementation Reduces the Symptoms of Upper Respiratory Tract Infection during Winter Training in Vitamin D-Insufficient Taekwondo Athletes: A Randomized Controlled Trial. *The International Journal of Environmental Research and Public Health*, 15(9), 2003-2010. <http://dx.doi.org/10.3390/ijerph15092003>. (SSCI).
31. Alansare, A., Ken, A., **Lee, S.**, Church, T., Jung, H. (2018). The Effects of High-Intensity Interval Training vs. Moderate Intensity Continuous Training on Heart Rate Variability in Physically Inactive Adults. *The International Journal of Environmental Research and Public Health*, 15(7), 1508-1518, <http://dx.doi.org/10.3390/ijerph15071508>. (SSCI).
32. Lee, H., Kim, K., Kim, B., Shin, J., Rajan, S., Chen, X., Brown, M., **Lee, S.**, Park, J. (2018). A Cellular Mechanism of Muscle Memory Facilitates Mitochondrial Remodeling Following Resistance Training. *Journal of Physiology*, 596 (18), 4413-4426, <http://dx.doi.org/10.1113/JP275308>. (SCI).
33. Jung, H., Lee, N., & **Lee, S.** (2018). Jumping Exercise Restores Stretching Induced Power Loss in Healthy Adults. *Montenegrin Journal of Sports Science and Medicine*, 7(2), 55-62, <http://doi.org/10.26773/mjssm.180909>. (SCOPUS).
34. Jung, H., Seo, M. W., **Lee, S.**, Jung, S. W., and Song, J. (2018). Correcting Vitamin D Insufficiency Improves Some, But Not All Aspects of Physical Performance during Winter Training in

- Taekwondo Athletes. *International Journal of Sport Nutrition and Exercise Metabolism*. 26(6), 635-643, <http://doi.org/10.1123/ijsnem.2017-0412>. (SCI).
35. Hong, K., & Lee, S. (2017). Dysregulation of GPCR signaling in cardiovascular diseases: a potential role for exercise training? *Exercise Science*, 29(3), 1-10. (KCI).
 36. Son, Y., Kim, K., Jeon, S., Kang, M., Lee, S., and Park, Y. (2017). Effect of Exercise Intervention on Flow-Mediated Dilation in Overweight and Obese Adults: Meta-analysis, *International Journal of Vascular Medicine*, <http://doi.org/10.1155/2017/7532702>. (SCOPUS).
 37. Lee, N., Jung, H., Ok, G., & Lee, S. (2017). Acute Effects of Kinesio Taping on Muscle Function and Fatigue Level in Healthy Adults. *European Journal of Sport Science*, 17(6), 757-764. <http://doi.org/10.1080/17461391.2017.1294621>. (SCI).
 38. Jung, H., Lee, S., Seo, M., Song, J. (2017). Isokinetic Assessment of Agonist and Antagonist Strength Ratios in Collegiate Taekwondo Athletes: A Preliminary Study, *Sport Sciences for Health*, <http://doi.org/10.1007/s11332-016-0337-2>. (SCOPUS).
 39. Kim, K., Ok, G., Jeon, S., Kang, M., & Lee, S. (2017). Sport-based Physical Activity Intervention on Body Weight in Children and Adolescents: A Meta-analysis, *Journal of Sports Sciences*, 35(4), 369-376. <http://doi.org/10.1080/02640414.2016.1166389> (SCI).
 40. Lee, N., Jung, H., & Lee, S. (2016). Red Ginseng as an Ergogenic Aid: A Systematic Review in Clinical Trials. *Journal of Exercise Nutrition & Biochemistry*, 20(4), 13-19. (KCI).
 41. Misra, R., Choi S., Guerrero, J., and & Lee, S. (2016). Association of Physical Activity with Cardiovascular Risk Factors among Mexican-American Immigrants with Type 2 Diabetes. *Kinesiology*, 18(3), 63-75. (KCI).
 42. Lee, O., Lee, D., Lee, S., Kim, Y. (2016). Associations between Physical Activity and Obesity Defined by Waist-to-Height Ratio and Body Mass Index in the Korean Population. *PLoS One*, 22;11(7):e0158245. <http://doi.org/10.1371/journal.pone.0158245>. (SCI).
 43. Lee, N., Lee, C., Lee, S. (2016). Effects of Combined Exercise on Blood Lipids, Estradiol, and Cognitive Function in Elderly Women with Mild Cognitive Loss. *International Journal of Physical Education, Sports and Health*, 3(4), 249-254.
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77. Lee, S., Hong, J., Kim, K., Jang, Y., & Park, J. Acupuncture Combined with Herb Medicine Maintains Muscle Mass During 21 days of Hindlimb Suspension. Manuscript in preparation.
78. Seo, K., Kim, J., Ko, J., Lee, S. Comparison of Progressive Single and Multiple Sets of Resistance Training on Muscle Strength and Power. Manuscript in preparation.
79. Guerrero, J., Misra, R., Lee, S. Bi-national Comparison of Metabolic Syndrome among Mexicans and Mexican-Americans. Manuscript in preparation.
80. Lee, S., Jung, H., Lee, N., Ok, G., Kim, Y., Kang, M. Acute Effects of Ginseng Supplementation on Exercise Performance, Cognitive Function, and Fatigue Recovery. Manuscript in preparation.
81. Kwon, S., Chen, C., Lee, S., Kowalsky, R.J., Lu MP. Exploring the relationship between body composition and sexual behavior in college students. Manuscript in preparation.
82. Yoo, S., Kowalsky, R.J., Lee, S. Physical Fitness and GPA Relation among First Year College Students. Manuscript in preparation.
83. Lee, S., Kim, J., Seo, K., Park, J., Kowalsky, R.J., Kwon, S. Comparisons of biophysical variables before and after the holidays in college freshmen. Manuscript in preparation.
84. Park, J., Symons, T., Kwon, E., Chung, E, Lee, S. (2023). Acupuncture, Electroacupuncture, and Electrostimulation Treatments on Atrophied Gastrocnemius by Casting Model

Books and Book Chapters

1. Lee, S. (2021). Sports Nutrition 2nd edition. Chapter 1. Introduction of Sports & Exercise Nutrition (pp. 11-24). Daejun, NSCA Korea Publisher (ISBN: 979-11-89157-04-3).
2. Lee, S. (2019). Sports Nutrition. Chapter 1. Introduction of Sports & Exercise Nutrition (pp. 11-24). Daejun, NSCA Korea Publisher (ISBN: 979-11-89157-04-3).
3. Lee, S. (2018). Essentials of Strength Training and Conditioning (translated into Korean), Chapter 1. Structure and Function of Body Systems (pp. 1-18). Seoul, Korea, NSCA Korea Publisher (ISBN: 979-11-89157-00-5/93510).
4. Im, W., Lee, S., Park, J., Shin, Y., Yoon, A., Cho, Y. (2016). NSCA-Certified Personal Trainer (NSCA-CPT®) Practice Exam (Vol 3) (pp. 111-148). Asan, NSCA Korea Publisher (ISBN: 979-11-954580-9-7).
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9. Park, H., **Lee, S.,** Song, W. (2007). Nutrient Timing System by John Ivy and Robert Portman. (translated into Korean), Seoul, Basic Health Publication. Life Science Publisher.
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Conference Papers & Presentations

1. Jun Seob Song, Eunhye Kwon, John Smith, Jongil Lim, Brock Symons, **Sukho Lee**. Effects of a Cognitive Task Between Sets on Recovery and Exercise Performance (May 27-30, 2025). ACSM 72nd Annual Meeting, Atlanta, Georgia.
2. **Sukho Lee**, Soojin Yoo, Boram Lim, Shannon Shen, Soyoung Kwon, Jieming Chen, Impact of Health Behaviors on Academic Performance Among Hispanic First-Year College Students in South Texas (May 27-30, 2025). ACSM 72nd Annual Meeting, Atlanta, Georgia.
3. Soojin Yoo, Boram Lim, Shannon Shen, Soyoung Kwon, Jieming Chen, **Sukho Lee**. Relation between Physical Activity, Body Mass Index, and Academic Performance Among Hispanic Freshman Students in South Texas (May 27-30, 2025). ACSM 72nd Annual Meeting, Atlanta, Georgia.
4. Eun Hye Kwon, Eun-Jung Yoon, Joo-Hyun Kim, Jesse De La Cruz, T. Brock Symons, Dongsun Park, **Sukho Lee**. Influence of Cosmetic Foundation Cream on Skin Condition During Treadmill Exercise (May 28-31, 2024). ACSM 71st Annual Meeting, Boston, Massachusetts.
5. **Sukho Lee**, Soyoung Kwon, Shannon Shen, Soojin Yoo, Boram Lim, Vicky Elias. Sleep Quality, Mental Health, And Academic Performance Among College Students In South Texas (May 28-31, 2024). ACSM 71st Annual Meeting, Boston, Massachusetts.
6. Shannon Shen, Jieming Chen, **Sukho Lee**, Soojin Yoo. Diminishing Influence of Socioeconomic Status on Academic Performance of First-Year College Students (May 28-31, 2024). ACSM 71st Annual Meeting, Boston, Massachusetts.
7. Boram Lim, Shannon Shen, Jieming Chen, Soojin Yoo, **Sukho Lee**. Relationship Between Self-Rated Health and Objective Health and Fitness Measures in College Freshmen (May 28-31, 2024). ACSM 71st Annual Meeting, Boston, Massachusetts.
8. **Sukho Lee**, **Invited Presentation**. Enhancing Muscle Mass and Strength through Innovative Resistance Training Protocol in Animal and Human Models (November 10, 2023). Hanyang University BK21 International Symposium (Human Tech Symposium) (online), Seoul, Korea.

9. **Sukho Lee, Invited Presentation.** Beyond Weight Loss: Unveiling the Vital Roles of Exercise in Conquering Obesity (September 7-9, 2023). ICOMES(International Congress on Obesity and Metabolic Syndrome, Seoul, Korea.
10. Hyokju Maeng, Eunhye Kwon, Kyungun Kim, Minsoo Kang, **Sukho Lee**. ICT-based Exergame On Balance And Strength Among People With Developmental Disabilities: A Meta-analysis. (May 30- June 3, 2023). ACSM 70th Annual Meeting, Denver, Colorado.
11. Kyungun Kim, **Sukho Lee**, Hyokju Maeng, Eunhye Kwon, Minsoo Kang. Effects of Periodization Training On Muscular Strength And Power: A Meta-analysis. (May 30- June 3, 2023). ACSM 70th Annual Meeting, Denver, Colorado.
12. T Brock Symons, Joo Hyun Kim, Jesse Delacruz, Eun Hye Kwon, Edward Hwang, Yoonjung Park, John Smith, **Sukho Lee**. Acupuncture and Resistance Training Facilitating Recovery of Muscle Function and Strength in Immobilized Rats (May 30- June 3, 2023). ACSM 70th Annual Meeting, Denver, Colorado.
13. Sungho Cho, Myung-Ah Lee, **Sukho Lee**. Constitutional Jurisprudence of Elite Sports Participation in South Korea (February 22-25, 2023). Sport and Recreation Law Association Conference, Las Vegas, Nevada.
14. Bo-Eun Yoon, Eun Hye Kwon, Jinho Park, **Sukho Lee**. Nutritional Supplementation on Health and Exercise. (August 4-5, 2022). The 12th Asia Conference on Kinesiology: Physical Activity, Sport, and Exercise (online). Melbourne, Australia.
15. U-Ter Aondo Jia, Sarah Mockler, Ayyan Mahoob, Yessenia Perez, Joo Hyun Kim, Jinho Park, Yoonjung Park, **Sukho Lee**, Adam J. Chicco, and Eunhee Chung. Acupuncture Attenuates Muscle Atrophy And Improves Soleus Fatty Acid Oxidation Efficiency Following Casting In Rats. (May 31 to June 5, 2022). ACSM 69th Annual Meeting, San Diego, California.
16. Joo Hyun Kim, Jinho Park, c, T. Brock Symons, Jesse Delacruz, Junghoon Lee, Yoonjung Park, Eunhee Chung, **Sukho Lee**. Effects of Acupuncture, Electroacupuncture, and Electrostimulation Treatments on Plantaris by Casting Model. (May 31 to June 5, 2022). ACSM 69th Annual Meeting, San Diego, California.
17. Jinho Park, Joo Hyun Kim, T. Brock Symons, Eun Hye Kwon, Jesse Delacruz, Yoonjung Park, Junghoon Lee, Eunhee Chung, **Sukho Lee**. Acupuncture, Electroacupuncture, and Electrostimulation Treatments on Atrophied Gastrocnemius by Casting Model (May 31 to June 5, 2022). ACSM 69th Annual Meeting, San Diego, California.
18. **Sukho Lee, Invited Presentation.** The Study of Exercise Physiology. (November 12, 2021). Special Talk at Univeristy of Seoul (online), Seoul, Korea.
19. Lu, P., **Lee, S.**, Kowalsky, R., & Yoo, S. Exploring Mental, Physical and Educational Factors that Influence Freshman-Year College Students' Health—An Investigation on Gender Difference. (May 7-8, 2021). International Organization for Health, Sports, and Kinesiology 2021 Annual Conference.
20. Jinho Park, Eunhye Kwon, Junechul Kim, Bo-Eun Yoon, Joo-Hyun Kim, Kyungun Kim, **Sukho Lee**. The Effect of Beetroot Juice Supplementation on Muscle Fatigue in Healthy Adults; A Meta-Analysis. (June 1-5, 2021). ACSM 68th Annual meeting.
21. Bo-Eun Yoon, Junechul Kim, Kyungun Kim, Jinho Park, Eunhye Kwon, **Sukho Lee**. The Association Between Maternal Folate And Obesity in Children-A Meta-analysis. (June 1-5, 2021). ACSM 68th Annual meeting.
22. Robert, Kowalsky, **Sukho Lee**, Soojin Yoo. Preliminary Jaguar Health Study Findings: Changes In Cardiometabolic Risk Factors in College Freshmen. (June 1-5, 2021). ACSM 68th Annual meeting.

23. **Sukho Lee, Invited Presentation.** Exercise and COVID-19. (October 25, 2020). 2020 International Conference on Kinesiology (online), Seoul, Korea.
24. **Sukho Lee,** Jinho Park, Vicky Elias, Shannon Shen Preliminary Results of the South Texas Student Health, Initiative (STSHI). (October 25, 2020). 2020 International Conference on Kinesiology (online), Seoul, Korea.
25. **Sukho Lee, Invited Presentation.** Exercise to Prevent the Declining of Immunological Functions in the Stressful Pandemic Era. (August 25, 2020). 1st Physiology CME (Continuing Medical Education) series. www.youtube.com/watch?v=_EjeAktM14w.
26. Jeffrey Bernard, Yi-Hung Liao, Christian Madrigal, Joshua Levesque, **Sukho Lee,** Matthew Frazee, and Isaac Del Toro. The Effects of Low Volume versus High Volume Sled-Push Training on Muscular Adaptation. (April 4-7, 2020). Experimental Biology Meeting at the San Diego, CA.
27. Jiyeon Kim, Jinho Park, Kyungun Kim, Minsoo Kang, **Sukho Lee.** Effect of Exercise on OPG and RANKL as bone metabolic markers: A systematic review and meta-analysis. (May 26-30, 2020). ACSM 67th Annual meeting (online), San Francisco, California.
28. Kyungun Kim, Katelyn M. Gear, Kenda Maese, Cindy Trinh, **Sukho Lee.** Effects of training with blood flow restriction on muscular strength: meta-analysis. (May 26-30, 2020). ACSM 67th Annual meeting (online), San Francisco, California.
29. Jinho Park, Vicky Elias, Shannon Shen, Angelica Rodriguez, Jesse Delacruz, Roger Rodriguez, Joe Castillo, **Sukho Lee.** Exercise and Diet on Muscle Strength and Body Composition in College Freshmen. (May 26-30, 2020). ACSM 67th Annual meeting (online), San Francisco, California.
30. **Sukho Lee,** Kyoungcho Seo, Jungbo Ko, Jiyeon Kim, Jonathan Martine, Cindy Trinh, Michael Miller. Comparison of the Wingate Anaerobic Test and the New Power Bike Test on Anaerobic Power. (May 26-30, 2020). ACSM 67th Annual meeting (online), San Francisco, California.
31. Pierre Lu, Soojin Yoo, **Sukho Lee,** Robert Kowalsky Jr. Exploring Mental, Physical and Educational Factors that Influence Freshman-Year College Students' Health. (March 19, 2020). College of Health Professions Annual Research Symposium, Edinburg, Texas.
32. **Sukho Lee, Invited Presentation.** Oriental Medicine and Resistance Exercise as Countermeasures for Sarcopenia in Animal Model (Dec 11, 2019). Special talk, Institute of Sports & Arts Convergence (ISAC), Inha University, Seoul Korea.
33. **Sukho Lee, Invited Presentation.** Cellular Mechanism of Muscle Memory (Dec 16, 2019). Special lecture, Joong-Ang University, Seoul Korea.
34. **Sukho Lee, Invited Presentation.** Previous Resistance Training Experience Facilitates Muscle Hypertrophy Process Following Retraining. (May 18, 2019). Asia Conference on Kinesiology (ACK) 10th Annual Meeting, Chaunyan, Korea.
35. Hyejung Choi, Jongil Lim, **Sukho Lee.** Effects of Percent Body Fat on Foot Pressure Characteristics during Walking in Weight-Matched Male Adults. (May 28- June 1, 2019). ACSM 66th Annual meeting, Orlando, Florida.
36. Kyoungcho Seo, Jiyeon Kim, Jungbo Ko, Jonathon Martinez, **Sukho Lee.** Comparison of Progressive Single and Multiple Sets of Resistance Training on Muscle Strength and Power. (May 28- June 1, 2019). ACSM 66th Annual meeting, Orlando, Florida.
37. Jiyeon Kim, Jungbo Ko, Jongil Lim, , Kyoungcho Seo, **Sukho Lee.** Effects of a Short-term Core Stability Exercise on Functional Movement and Balance. (May 28- June 1, 2019). ACSM 66th Annual meeting, Orlando, Florida.
38. Jongil Lim, Jiyeon Kim, Kyoungcho Seo, Cindy M. Trinh, Jonathon Martinez, **Sukho Lee.** Effect of mobile texting and walking speed on gait characteristics of normal and obese adults. (May 28- June 1, 2019). ACSM 66th Annual meeting, Orlando, Florida.

39. **Sukho Lee, Invited Presentation.** Cellular Mechanism of Muscle Memory Facilitating Mitochondrial Remodeling Following Resistance Training. (Dec 12, 2018). Exercise Division of the Korean Society for The Study of Obesity (KSSO), Korea.
40. **Sukho Lee, Invited Presentation.** Wild Ginseng Extracts Prospective Candidate as An Ergogenic Aids in Sports (Dec 8, 2018). International Conference of Korean Society of Exercise Physiology (KSEP), Korea.
41. **Sukho Lee, Invited Presentation.** Interaction of Overexpression of IGF-1 and Resistant Training on Skeletal Muscle Mass and Function (Oct 11-13, 2018). 2nd International Symposium on Global Physiology, Yogyakarta, Indonesia.
42. Hyun Chul Jung, Myong Won Seo, **Sukho Lee**, Sung Woo Kim, Jong Kook Song. Vitamin D3 Supplementation on Immune Functions and Upper Respiratory Tract Infection in Male Taekwondo Athletes. (May 29 - June 2, 2018). ACSM 65th Annual meeting, Minneapolis, Minnesota.
43. Jiyeon Kim, Hyojin Kim, Giwon Kim, **Sukho Lee**, Dongho Park, Seokki Min, Changsun Kim. The effects of a single bout exercise on RANKL pathway, cytokines, and bone turnover markers in college women. (May 29 - June 2, 2018). ACSM 65th Annual meeting, Minneapolis, Minnesota.
44. Kyungun Kim, Seung Ho Chang, Jihyun Lee, **Sukho Lee**. Interventions for Increasing Physical Activity in Low-Income, Ethnic Minority Children and Youths: A Meta-Analysis. (May 29 - June 2, 2018). ACSM 65th Annual meeting, Minneapolis, Minnesota.
45. Abdullah B. Alansari¹, Elward K. Alford¹, **Sukho Lee**, Tommie Church¹, Hyun Chul Jung. The effects of high intensity interval training on heart rate variability in physically inactive adults. (May 29 - June 2, 2018). ACSM 65th Annual meeting, Minneapolis, Minnesota.
46. Minsoo Kang, Nan Hee Lee, Hyun Chul Jung, Soeun Jeon, **Sukho Lee**. Impact of Placement of Wrist-worn Activity Monitors During the Lab And Free-living Settings (May 29 - June 2, 2018). ACSM 65th Annual meeting, Minneapolis, Minnesota.
47. **Sukho Lee**, Kwang-Seok Hong, Nan-Hee Lee, Soeun Jeon, Yoonjung Bae, Minsoo Kang. Comparing Physical Activity Measurements of Wrist-worn Accelerometer-Based NeoFit Devices among Different Locations (April 21-25, 2018). Experimental Biology Meeting at the San Diego, CA.
48. Jungbo Ko, Jongil Lim, Jiyeon Kim, **Sukho lee**. Effects of Twenty Sessions Core Stability Exercise on Functional Movement and Balance (March 1-2, 2018). Texas American College of Sports Medicine Annual Conference, Austin, Texas.
49. Keun Ok An, Deog Jo Jung, **Sukho Lee**, Sung Sik Ko, Jung Sok Oak. The general Kinesiologist qualifying examination and curriculum in universities (Nov 30 - Dec 4, 2017). Asia Conference on Kinesiology (ACK) 8th Annual Meeting, Daegu, Korea.
50. Jaeho Khil, **Sukho Lee**, Jung Sok Oak. Integrated Kinesiologist Qualification System proposed by Asian Society of Kinesiology (Nov 30 - Dec 4, 2017). Asia Conference on Kinesiology (ACK) 8th Annual Meeting, Daegu, Korea.
51. **Sukho Lee**, Hyun Chul Jung, Nan Hee Lee, Young Chan Kim, Minsoo Kang. **Invited Presentation**. Effects of Wild Ginseng Extract on Exercise Performance and Cognitive Function (Nov 30 - Dec 4, 2017). Asia Conference on Kinesiology (ACK) 8th Annual Meeting, Daegu, Korea.
52. Hyun Chul Jung, Myong Won Seo, **Sukho Lee**, Sung Woo Jung and Jong-Kook Song. Vitamin D3 Supplementation and Physical Performance in Collegiate Taekwondo Athletes (June 29-30, 2017). The 6th International Symposium for Taekwondo Studies, Muju, Korea.
53. Nan Hee Lee, Hyun Chul Jung, Gina Ok, Soeun Jeon, Minsoo Kang, **Sukho Lee**. Effects of Korean Wild Ginseng Drink on Recovery from Acute Strenuous Exercise (May 30- June 3, 2017). ACSM 64th Annual meeting, Denver, Colorado.

54. Sun Young Na, Nan Hee Lee, Chung Moo Lee, John D. Smith, **Sukho Lee**. Effect of Combined Exercise on Urinary Incontinence in Postmenopausal Women (May 30- June 3, 2017). ACSM 64th Annual meeting, Denver, Colorado.
55. Soeun Jeon, Hyun Chul Jung, Nan Hee Lee, Gina Ok, Kyungun Kim, Minsoo Kang, **Sukho Lee**. Effects of Exercise Intervention On Visceral Fat in Obese Youth: Meta-analysis. (May 30- June 3, 2017). ACSM 64th Annual meeting, Denver, Colorado.
56. Gina Ok, Nan Hee Lee, Hyun Chul Jung, Soeun Jeon, Kyungun Kim, Minsoo Kang, **Sukho Lee**. Effects of Energy Drink On Power Performance: Meta-analysis (May 30- June 3, 2017). ACSM 64th Annual meeting, Denver, Colorado.
57. Hyun Chul Jung, Nan Hee Lee, Soeun Jeon, John D. Smith, Michael Maspero, **Sukho Lee**. Acute Effects of Elevation Training Mask on Heart Rate Variability in Healthy Subjects (May 30- June 3, 2017). ACSM 64th Annual meeting, Denver, Colorado.
58. William Spring, John Smith, Hyunh Chul Jung, **Sukho lee**. The Effects of Blood Flow Restriction Training on VO₂max And 1.5 Mile Run Time Performance (Feb 16-17, 2017). Texas American College of Sports Medicine Annual Conference, Waco, Texas.
59. Sukho Lee. **Invited Presentation.** Introduction of Skeletal Muscle Hypertrophy in Animal Model (Nov 11- 14, 2016). Asia Conference on Kinesiology (ACK) 7th Annual Meeting, Incheon, Korea.
60. Jeffrey R. Bernard, **Sukho Lee**, Travis W. Shaffer, Kijeong Kim, Junyoung Hong, Scott C. Russell. Electroacupuncture Attenuates Muscle Atrophy in the Gastrocnemius of Rats Induced by 21-days of Hindlimb Suspension (May 31- June 3, 2016). ACSM 63rd Annual meeting, Boston, Massachusetts.
61. Soon-Mi Choi, Karishma Shah, Franklen Phares, Kristin Russell, Kayla Nelson, Frank B. Wyatt, **Sukho Lee**. Eight Weeks of Zumba Fitness Training Improves Balance Ability in Sedentary Obese Women (May 31- June 3, 2016). ACSM 63rd Annual meeting, Boston, Massachusetts.
62. Gina Ok, Nan Hee Lee, Hyun Chul Jung, Minsoo Kang, **Sukho Lee**. Effects of 7 days Korea ginseng drink supplementation on fatigue recovery (May 31- June 3, 2016). ACSM 63rd Annual meeting, Boston, Massachusetts.
63. Nan Hee Lee, Hyun Chul Jung, Gina Ok, **Sukho Lee**. Acute kinesio taping does not alter muscular performance of lower extremity in obese adults (May 31- June 3, 2016). ACSM 63rd Annual meeting, Boston, Massachusetts.
64. **Sukho Lee**, Hyun Chul Jung, Nan Hee Lee, Gina Ok. Acute effects of ginseng supplementation on exercise performance, cognitive function, and fatigue recovery (May 31- June 3, 2016). ACSM 63rd Annual meeting, Boston, Massachusetts.
65. Hyun Chul Jung, Nan Hee Lee, Gina Ok, Soeun Jeon, **Sukho Lee**. Acute effects of different stretching protocols combined with potentiating exercise on flexibility and power performance in males (May 31- June 3, 2016). ACSM 63rd Annual meeting, Boston, Massachusetts.
66. **Sukho Lee. Invited Presentation.** On Campus Living and Holiday Studies for Body Weight Management (November 13, 2015). International Congress on Obesity and Metabolic Syndrome. Seoul, Korea.
67. Travis W. Shaffer¹, **Sukho Lee**, Kijeong Kim, Junyoung Hong, Scott C. Russell and Jeffrey R. Bernard. The effects of electroacupuncture and herbal supplementation on attenuating hindlimb suspension-induced muscle atrophy in rats (October 16-17, 2015). 35th Annual SWACSM Meeting. Costa Mesa, California.
68. Jeff Vigil, **Sukho Lee**, Junyoung Hong, Janniri Chavez, Ricardo Martin, Eshani Nandita, Aram Yoon, Soon-Mi Choi, Scott C. Russell and Jeffrey R. Bernard. The Effect of Different Resistance Training Protocols on Skeletal Muscle Hypertrophy and Cell Signaling in Sprague-Dawley Rats (May 26-31, 2015). ACSM 62nd Annual meeting, San Diego, California.

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72. **Sukho Lee**. The Novel Resistance Training Protocol: Animal and Human Trials. **Invited Presentation** (August 20-22, 2014). 2014 Incheon Asian Games International Sport Science Congress, Incheon, Korea.
73. Aram Yoon, Soon-Mi Choi, Junyoung Hong, Dongwoo Hahn, Minsoo Kang, **Sukho Lee**. Comparing Effectiveness of Motivational Signage for Promoting Physical Activity between Two Difference Story buildings (MSSE vol 46:5, 2014). ACSM 61st Annual meeting, Orlando, Florida.
74. Qingwen Ni and **Sukho Lee**. Characterization of Microstructural Changes of Hindlimb Rat Muscle by Low-Field NMR and Microscope Image (July 6 -11, 2014). 7th World Congress of Biomechanics. Boston, Massachusetts.
75. Kijeong Kim, Nathalie S. Lambrecht, Junyoung Hong, Marlayana T. Burns, Jeffrey R. Bernard, **Sukho Lee**. Resistance Training with Electroacupuncture Improves Skeletal Muscle Function and Expression of GLUT-4 in Rats (MSSE vol 46:5, 2014). ACSM 61st Annual meeting, Orlando, Florida.
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77. **Sukho Lee**, Aram Yoon, Soon-Mi Choi, Junyoung Hong, Dongwoo Hahn, Gabriel Rodriguez. Comparison of Different Resistance Training Protocols for Skeletal Muscle Hypertrophy in Rat Model (MSSE vol 46:5, 2014). ACSM 61st Annual meeting, Orlando, Florida.
78. Junyoung Hong, Aram Yoon, Soon-Mi Choi, Dongwoo Hahn, Minsoo Kang, and **Sukho Lee**. Comparing Effectiveness of Motivational Signage for Promoting Physical Activity between Two Difference Story Buildings (Feb 27-28, 2014). Texas Chapter ACSM Conference, Fort Worth, Texas.
79. Nathalie S. Lambrecht, **Sukho Lee**, Kijeong Kim, Junyoung Hong, Marlayana T. Burns, Jeffrey R. Bernard. Interaction of Resistance Training, Electroacupuncture, and Diet on Skeletal Muscle Function and GLUT-4 Concentration in Rat (October 18-19, 2013). SWACSM 32nd Annual Meeting, Newport Beach, California.
80. **Sukho Lee**. Where Students Live Can Impact Their Eating and Exercise Habits. **Invited presentation** (August 6, 2013). United Nation Education, Science, and Cultural Organization (UNESCO) Chair in the Development of Youth through Sports Activities, Korea Institute of Sport Science, Seoul, Korea.
81. **Sukho Lee**, Kijeong Kim, Junyoung Hong, Aram Yoon, Joonyoung Park. Oriental Medicine as an Intervention for Skeletal Muscle Plasticity in Animal Model. **Invited Presentation** (August 21-23, 2013). The 25th International Sport Science Congress, Seoul, Korea.
82. Dong Woo Hahn, Aram Yoon, Kijeong Kim, **Sukho Lee**. Where College Students Live Can Impact Their Eating And Exercise Habits (MSSE vol 45: 2013). ACSM 60th Annual meeting, Indianapolis, Indiana.

83. Kijeong Kim, Kwangseok Hong, Han-Joon Lee, **Sukho Lee**. Previous Strength Training Episode and Retraining on Muscle Mass and Function after Detraining in Rats (MSSE vol 45: 2013). ACSM 60th Annual meeting, Indianapolis, Indiana.
84. Ranjita Misra, Soon-Mi Choi, **Sukho Lee**. Relationship Between Physical Activity And Cardiovascular Risk Factors And Nutrition Behavior In Mexican-American With Diabetes (MSSE vol 45: 2013). ACSM 60th Annual meeting, Indianapolis, Indiana.
85. Junyoung Hong, Kijeong Kim, Aram Yoon, Joon Young Park, **Sukho Lee**. The Effect of Herbal Diet on Skeletal Muscle Mass After Resistance Training in Rats (MSSE vol 45: 2013). ACSM 60th Annual meeting, Indianapolis, Indiana.
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87. Ranjita Misra, **Sukho Lee**, Steve Riechman, Roxana Valdes-Ramos, Martha Kaufer-Horwitz, Ivonne Vizcarra-Bordi, Julio Guerrero. Exploring the association of behavioral, physiological and inflammatory markers with glycemic control in Mexican americans with type 2 diabetes. APHA 141st Annual Meeting (Nov 2-6, 2013), Boston, MA.
88. **Sukho Lee**, Kijeong Kim, Junyoung Hong, Aram Yoon, Joon Young Park. Acupuncture or Herb Medicine Can Increase in Muscle Strength in Resistance Training in Rats (MSSE vol 45: 2013). ACSM 60th Annual meeting, Indianapolis, Indiana.
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90. **Sukho Lee**, Junyoung Hong, Kijeong Kim, Qingwen Ni. Electroacupuncture Attenuated
91. Muscle Atrophy Induced by Hindlimb Suspension in Rats. (FASEB J vol 26:5, 2012). Experimental Biology 125th Meeting at the San Diego, CA.
92. Kijeong Kim, Junyoung Hong, **Sukho Lee**. Effect of Acupuncture and Herbal Diet on Skeletal Muscle Contractile Properties of Hindlimb Unloading Rats. (MSSE vol 44:5 682 2012). **Oral Presentation** for ACSM 59th Annual meeting, San Francisco, California.
93. **Sukho Lee**, Junyoung Hong, Kijeong Kim. Acupuncture Combined with Herb Medicine Maintains Muscle Mass During 21 days of Hindlimb Suspension. (MSSE vol 44:5 681, 2012). **Oral Presentation** for ACSM 59th Annual meeting, San Francisco, California.
94. **Sukho Lee**, Kijeong Kim. Network and Collaborative Research Projects on Exercise Physiology. **Invited Presentation** (April 26-27, 2012) for The 20th Federation Meeting of Korean Basic Scientist. Seoul, Korea.
95. **Sukho Lee**, Junyoung Hong, Kijeong Kim. Electro-acupuncture with Herb Medicine Maintains Muscle Mass During 21 days of Hindlimb Suspension. (February 22-24, 2012). Advances Skeletal Biology in Health & Disease at Gainesville, Florida.
96. Kwangseok Hong, Kijeong Kim, **Sukho Lee**. Comparison of Respiratory Exchange Ratio at Rest and During Maximal Ergometer Test in Male Cyclists. (MSSE vol 43:5 S2756, 2011). ACSM 58th Annual meeting, Denver, Colorado.
97. **Sukho Lee**, Kwangseok Hong, Kijeong Kim. Three-Minute Recovery RER Value Can Indicate Aerobic Fitness Level for Cyclists. (MSSE vol 43:5 S3026, 2011). ACSM 58th Annual meeting, Denver, Colorado.
98. Kijeong Kim, Kwangseok Hong, **Sukho Lee**. Maximal Exercise and Dietary Intake Patterns in Normal Weight and Overweight Middle-Aged Male Cyclists. (MSSE vol 43:5 S3218, 2011). ACSM 58th Annual meeting, Denver, Colorado.

99. Kwangseok Hong, Kijeong Kim, **Sukho Lee**. High Percentage of Fat Calorie Intake may Result in Overweight Cyclists, Not Total Amount of Calorie Intake. (IJES vol 2:3, 2011). TACSM annual meeting, Austin, Texas.
100. Ranjita Misra, Steve Riechman, Julio Guerrero, Roxana Valdes-Ramos, **Sukho Lee**, Linda Castillo, Ivonne Vizcarra-Bordi. Psychosocial Determinants of Metabolic Syndrome: A Binational Study of Mexican and Mexican-American Diabetics. (November 12-13, 2010). National Latino/a Psychological Association conference at San Antonio, Texas.
101. Ranjita Misra, Steve Riechman, Julio Guerrero, Roxana Valdes-Ramos, **Sukho Lee**, Linda Castillo, Ivonne Vizcarra-Bordi, Martha Kaufer-Horwitz. Joint Effects of Obesity and Physical Inactivity on Cardiovascular Disease Risk Among Hispanics with Type II Diabetes. (October 8-9, 2010). TSOPHE conference, College Station, Texas.
102. Kyung-Shin Park, Yang Lee, **Sukho Lee**. Monitoring Diet Pattern is Very Effective Method for Managing Body Weight over the Holidays. (MSSE vol 42:5 S1906, 2010). ACSM 57th Annual meeting, Baltimore, Maryland.
103. Yang Lee, Kwangseok Hong, **Sukho Lee**. Exercise reduces sarcopenia by decreasing pro-apoptotic signals and increasing anti-apoptotic expression (Nov 13-14, 2009). 7th Annual Texas A&M System University Pathways Students Research Symposium Laredo, Texas.
104. **Sukho Lee**. Introduction of Physical Education Programs in U.S.A. and Benefits of Physical Activity. **Invited Presentation** (Aug, 2009). The Research Institute of Sports Science at Sangmyung University, Seoul, Korea.
105. Ranjita Misra, Roxana Valdes-Ramos, Ivonne Vizcarra-Bordi, **Sukho Lee**, Linda Castillo, Steve Riechman, Martha Kaufer-Horwitz, and Anita Connelly-Nicholson. Diabetes Self-Management and Outcomes: A Bi-National Comparison of Urban/Rural Mexicans and Mexican-Americans (Nov 7-11, 2009). APHA 137th Annual Meeting Philadelphia, PA.
106. Kyung-Shin Park and **Sukho Lee**. On Campus Living Decreased Body Weight In Hispanic Female during College Freshman Year. (MSSE vol 41:5 S276, 2009). ACSM 56th Annual meeting, Seattle, Washington.
107. **Sukho Lee**. Interaction of IGF-1 and Resistance Training on Skeletal Muscle Mass and Function in Rats. **Invited Presentation** (Aug, 2008)_The Research Institute of P.E & Sports Science International Seminar at Chungnam National University, Daejeon, Korea.
108. **Sukho Lee**. Interaction of IGF-1 and Resistance Training on Skeletal Muscle Mass and Function in Rats. **Invited Presentation** (Aug, 2008) International Korean United States Applied Physiology Society Conference at Chonnam National University, Kwang Ju, Korea.
109. Kyung-Shin Park, Cordelia Nava, Maria Thelma Solis, **Sukho Lee**. Changes in Body Composition and Housing Status Influence CGPA in First Year of College. (MSSE vol 40:5 S436, 2008). ACSM 55th Annual meeting, Indianapolis, Indiana.
110. **Sukho Lee**, Cordelia Rodriguez, Kyung-Shin Park. An Effective Intervention of Weight Management over the Holiday Season. (MSSE vol 40:5 S472, 2008). ACSM 55th Annual meeting, Indianapolis, Indiana (**Selected for Media Press Release**).
111. **Sukho Lee**, Kyung-Shin Park. On Campus Living Increases Level of Physical Activity While Consuming More Calories. (FASEB J vol 22:7, 2008). Experimental Biology 121st Meeting at the San Diego, CA (**Selected for Media Press Release**).
112. **Sukho Lee**, Elizabeth Kaster, Misra Ranjita. Active Intervention Program using Dietary Education and Exercise Training Reduced Obesity in Hispanic Male Children (March 24-28, 2008). 11th Annual SRW conference, College Station, Texas.
113. Ranjita Misra, Roxana Valdes-Ramos, Linda Castillo, Martha Kaufer-Horwitz, Ivonne Vizcarra-Bordi, Nelda Mier, **Sukho Lee**. Influence of Clinical and Non-clinical Factors on Diabetes

- Outcomes: A Bi-national Comparison of Mexicans and Mexican Americans (Feb 6-8, 2008). TAMU-CONACYT Symposium, College Station, Texas.
114. Ranjita Misra and **Sukho Lee**. Active Intervention and Dietary Education Program to Reduce Obesity in Hispanic Male Children (November 3-7, 2007). APHA 135th Annual Meeting Washington, DC (**Invited for Roundtable Presentation**).
 115. **Sukho Lee**, Javier Reyes, Leo Hernandez, Ranjita Misra. Active Intervention Program using Dietary Education and Exercise Training Reduced Obesity in Hispanic Male Children.(MSSE vol 39:5 S403, 2007). ACSM 54th Annual meeting, New Orleans, Louisiana.
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 117. **Sukho Lee**, Javier Reyes, Leo Hernandez, Ranjita Misra. Implementation of Active Intervention Program using Dietary Education and Exercise Training for Lowering Obesity. (vol 12: 2007). 12th Annual Conference "Western Hemispheric Integration in a Competitive Global Environment, Laredo, Texas.
 118. **Sukho Lee**, Jennifer A. Batey, Sylvia G. Garza. Obesity, Dietary Pattern, Television Viewing and Physical Activity among Hispanic Male Children in Laredo, Texas (MSSE vol 38:5 A29, 2006). ACSM 53rd Annual meeting, Denver, Colorado.
 119. Anne Marie Jennings, Ed Merritt, **Sukho Lee**, Tom Walters, Roger P. Farrar. Attenuated Recovery from Ischemia/Reperfusion in 4-Hour Tourniquet Application (FASEB J vol 20:5, 2006). Experimental Biology meeting, San Francisco, California.
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 127. Roger P. Farrar, **Sukho Lee**, Ana Fernandez and Derek Le Roith. Muscle Function in Neonatal Mice with IGF-I Dysfunction (September 20-23, 2000). The Integrative Biology of Exercise, American Physiological Society Conference, Portland. Maine.

128. Roger P. Farrar, **Sukho Lee** and Ivor Benjamin. Effect of Resistance Training on Skeletal Muscle of MKBP/*aB*-crystallin Null Mice (June 4-7, 2000). Biochemistry of Exercise, 11th International Conference, Little Rock, Arkansas, 2000.
129. **Sukho Lee**, B.B. Davis, H.L. Sweeney and R.P. Farrar. Interaction of Overexpression of IGF-1 and Resistant Training on Skeletal Muscle Mass and Function (MSSE vol 32:5 S253, 2000). ACSM 47th Annual meeting, Indianapolis, Indiana.
130. R.P. Farrar, **S.H. Lee**, M. Kuper, B. Davis, R. Sheldon and T. Spear. A Comparison of Biarticular Immobilization and Hindlimb Suspension as Interventions to induce Atrophy (MSSE vol 31:5. S1634, 1999). ACSM 46th Annual meeting, Seattle, Washington.
131. R.G. Fritzsche, T.W. Switzer, B.J. Hodgkinson, **S.H. Lee**, J.C. Martin and E.F. Coyle. Carbohydrate Added to Water is Better at Maintaining Maximal Power during Prolonged Exercise (MSSE vol 30:5 S22, 1998). ACSM 45th Annual meeting, Orlando, Florida.

Public & Media Appearances

1. "Athlete cheats seek genetic boost" (BBC News online , February, 2004)
<http://news.bbc.co.uk/2/hi/science/nature/3493839.stm>
2. **Sukho lee**. Weight Training not just for Heavyweights (Texas A&M System wide News letter. Oct, 2006). <http://tamus.edu/systemwide/06/10/wellness/exercise.html>
3. **Sukho Lee** and Ruth McMullan, For Good Exercise Try Weight Lifting. (Laredo Morning Times, Salud, Dec 10th, 2006).
4. **Sukho Lee** & Kyung-shin Park. Where College Students Live Can Impact Their Weight, Eating And Exercise Habits (American Physiological Society, 2008).
www.the-aps.org/press/journal/08/11.htm, www.newswise.com/articles/view/539062
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<http://www.newsweek.com/id/133391>
5. **Sukho Lee**, Cordelia Rodriguez, Kyung-Shin Park. An Effective Intervention of Weight Management over the Holiday Season (American College of Sports Medicine, 2008).
<http://www.acsm.org/AM/Template.cfm?Section=Home&CONTENTID=10110&>
6. Interview with **Prevention** Magazine. Ms. Marianne McGinnis Nov, 2008 Issue.
Interview with **Self** Magazine, Dec, 2008 Issue. Ms. Merritt Watts,
SELF magazine New York, NY 10036, Tel: 212.286.7827
Interview with **Good Housekeeping** Magazine, Robin Klein & Annie
Research Dept. Good Housekeeping magazine, 212.649.2346
Interview with **Shape** Magazine, Jackie Schneider, Research Director, Shape
One Park Avenue, New York, NY 10016, 212.743.6682
7. **Sukho Lee**. TAMIU Professor Aims to Make Us Healthier. (PRISM: The Magazine of Texas A&M International University, Summer 2008).
8. **Sukho Lee**. Muscle Atrophy Treatment using Oriental Medicine. (President Annual Report: The Magazine of Texas A&M International University, Summer 2012).
9. **Sukho Lee**. Health Literacy Among Mexican-Americans. (President Annual Report: The Magazine of Texas A&M International University, Summer 2013).

10. **Sukho Lee**. Stairway to Health, Poste and Their Purpose. (Rio Magazine & Bridge News Paper, March, 2013).

11. **Sukho Lee**. Why You Shouldn't Wear Makeup When Exercising (Wileypress release 2024).

Time (<https://time.com/6899083/should-you-wear-makeup-during-exercise/>)

US Today

Why you shouldn't wear makeup while exercising - US Today News

New Scientist Magazine

<https://www.newscientist.com/article/2420563-wearing-make-up-during-exercise-may-harm-your-skin-health/>

San Antonio Express-News

<https://www.expressnews.com/news/article/tamusa-makeup-exercise-study-19016607.php>

TAMUSA

<https://news.tamusa.edu/university-study-explores-pros-and-cons-of-wearing-make-up-during-exercise/>

Very well Health

Is It Bad to Wear Makeup to the Gym? ([verywellhealth.com](https://www.verywellhealth.com))

Editorial Review Board

2006 - 2014 : Journal of Border Educational Research (JBER)

2009 - 2012 : International Journal of Human Movement Science (IJHMS)

2016 - 2019 : **Section Editor** of Fitness Assessment of IJES

2018 - 2019 : **Associate Editor** of ES

2014 - 2019 : Journal of Exercise Nutrition and Biochemistry (JENB)

2017 - 2021 : Korean Journal of Elementary Education (KJEE)

2007 - Pres : International Journal of Exercise Science (IJES)

2010 - Pres : International Journal of Applied Sports Sciences (IJASS)

2013 - Pres : Journal of Lifestyle Medicine (JLM)

2014 - Pres : Exercise Science (ES)

2015 - Pres : Asian Journal of Kinesiology (AJK)

2019 - Pres : Physical Activity and Nutrition (PAN)

2022 - Pres : Frontier in Physiology

2022 - Pres : Molecular & Cellular Biomechanics

2023 - Pres : **Associate Editor** of Journal of Sport and Applied Science (JSAS)

2024 - Pres : **Section Editor** of Physical Activity

Manuscript & Textbook Reviewer

International Journal of Sports Nutrition & Exercise Metabolism, Medicine & Science in Sports & Exercise, The Journal of Diabetes and Its Complications, Lippincott Williams & Wilkins, Textbook, The Journal of Physiological Sciences, Journal of Aging and Physical Activity, Experimental Physiology, Translation & Integration, Reviewer, Journal of neuroendocrinology.

Other Professional Service

- 2007 - 2021: **President** of the Korean Society at American College of Sports Medicine (KS at ACSM)
Formerly known as the Korea United State Applied Physiological Society (KUSAPS)
- 2015 - 2017: Advisory committee for ICBM (IoT, Cloud, Bigdata, Mobile) based Sport Service
by National Information Society Agency (NIA) in Korea
- 2016 - 2017: Advisory Board Member for The Connection between Survey of National Physical
Fitness and National Fitness Award Program by the Ministry of Culture, Sports and
Tourism in Korea
- 2016 - 2018: Proposal Reviewer for the National Research Foundation of Korea (NRF)
- 2007 - Pres : **Founding Board Member** of the KS at ACSM
- 2010 - Pres : University Interscholastic League: Weight Management Assessor
- 2014 - Pres : Student Research Award Committee at Texas ACSM Annual Meeting
- 2014 - Pres : **Fellow** of American College of Nutrition (ACN)
- 2016 - Pres : **Founding Board Member** of Asian Society of Kinesiology (ASK)
- 2018 - Pres : **International Director** of the International Society of Biotechnology and Sports
Engineering

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