Name: Songdhasn Chinapong, Ph.D.

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Current position: Lecturer

Education

2023 Ph.D. (Sports and Exercise Science: Sports Performance Enhancement), Faculty of Sports Science, Chulalongkorn University

2016 M.Sc. (Sports Science), Faculty of Sports Science, Chulalongkorn University

2013 B.Sc. (Sports Science) (Second Class Honours), Faculty of Sports Science, Chulalongkorn University

Research Interest and Expertise

1. Physical Activity and Sedentary Behaviour
2. Nutrition in Athletes and Physically Active
3. Laboratory Assessment of the Efficacy of Nutritional Interventions in Athletes

Research Experiences

1. Children and Youth Physical Activity Studies (CYPAS) for Promote the Implementation of Physical Activity Promotion Plans among Children and Youth
2. Assessment on Effectiveness of Physical Education Intervention to Increase Physical Activity in Thai Children
3. Development of the Physical Activity Promotional Plan for Children and Youth (2023-2030)
4. Effects of Highly Branched Cyclic Dextrin and Beetroot Extract Sports Drink on Endurance Performance in Marathon Runners

Training

1. Specialization Certificate Epidemiology for Public Health, Imperial College London via Coursera
2. Professional Diploma in Sports Nutrition, Barça Innovation Hub
3. Clinical Practicum in Cardiopulmonary Exercise Testing and Prescription, Faculty of Sports Science, Chulalongkorn University

Publications

National

1. Amornsriwatanakul A, **Chinapong S,** Wattanapisit A, Katewongsa P, Promjun T, Thongsut R, Sriwilai T, and Butsakaew A. (2023). Analysis on physical activity promotional plan for children and youth to drive effective implementation. Thai Health Promotion Journal, 2(2).

2. **Chinapong S,** Maphong R, Promjun T, and Amornsriwatanakul A. (2021). Physical activity in Thai children and youth aged 0 - 2 2 years: a systematic review. Journal of Health Systems Research, 15(2).

International

1. Amornsriwatanakul A, **Chinapong S,** Wattanapisit A, Katewongsa P, Sriwilai T, Promjun T et al. Thailand national physical activity promotional and action plans for children and youth: development and implementation challenges. Journal of Physical Activity and Health. 2025. doi: 10.1123/jpah.2025-0083

2. **Chinapong S,** Klinchan K, Abdul Rahman H, Chia M, Wongpipit W, Arnin J et al. Validity and reliability of the 'Feelfit®' accelerometer in evaluating physical activity and sedentary time in children: a comparative study with two different accelerometers. International Journal of Exercise Science. 2025;18(2). doi: 10.70252/NOCK5583

3. Piakaew N, Subprasert V, Lutthapinun N, Saitong A, **Chinapong S,** Nokkaew N. A comparison of body composition, energy and macronutrient intakes between recreational bodybuilders and healthy adults. Journal of Exercise Physiology Online. 2025;28(3):126-137.

4. **Chinapong S,** Khuenpet K, Srihirun K, Piakaew N, Seepika N, Nokkaew N. Maltodextrin ingestion combined with dietary nitrate has no additional effects on running economy and muscle oxygenation during prolonged running. Journal of Exercise Physiology Online. 2023;26(4):192-206.

5. **Chinapong S,** Amornsriwatanakul A. Prevalence of sedentary behavior and factors associated with screen time among thai youths aged 14–17 years: a cross-sectional population-based survey. Journal of Health Science and Medical Research. 2023;41(5):e2023954. doi: 10.31584/jhsmr.2023954

6. Seepika N, **Chinapong S,** Piakaew N, Laiwattanapaisal W, Katelakha K, Larpant N et al. The effects of different dosing strategies of caffeine ingestion during an endurance performance event in male half marathon runners. Journal of Physical Education and Sport. 2022;22(9):2173-2181. doi: 10.7752/jpes.2022.09277

7. Chuychai J, Srihirun K, **Chinapong S,** Sanpasitt C, Khaosanit P, Nokkaew N. Fluid containing highly branched cyclic dextrin: an alternative ergogenic aid to enhance endurance exercise performance in long-distance runners. Journal of Exercise Physiology Online. 2022;25(4).

8. **Chinapong S,** Khaosanit P, Boonrod W. Effects of normobaric hypoxic exercise for 6-weeks on endurance performance in moderately trained rowers. Suranaree Journal of Science and Technology. 2021;28(4):1-6.