



## Curriculum Vitae

Institute of Nutrition, Mahidol University (INMU)

999 Phutthamonthon 4 Rd., Salaya, Phutthamonthon

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**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. Sports and Exercise Physiology
3. Nutrition in Athletes and Physically Active
4. Laboratory Assessment of the Efficacy of Nutritional Interventions in Athletes

### Research Experiences

1. Assessment on Effectiveness of Physical Education Intervention to Increase Physical Activity in Thai Children
2. Development of the Physical Activity Promotional Plan for Children and Youth (2023-2030)
3. 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



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### Publications

#### National

1. Amornsriwatanakul A, **Chinapong S**, Wattanapisit A, Katewongsa P, Promjun T, Thongsut R, Sriwilai T, and Butsaekaw 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 0-22 years: a systematic review. *Journal of Health Systems Research* 15(2).

#### International

1. **Chinapong S**, Khuenpet K, Srihirun K, Piakaew N, Seepika N, and Nokkaew N. (2023). Maltodextrin ingestion combined with dietary nitrate has no additional effects on running economy and muscle oxygenation during prolonged running. *Journal of Exercise Physiology Online*, 26(4).
2. **Chinapong S**, and Amornsriwatanakul A. (2023). 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*, 41(5).
3. Seepika N, **Chinapong S**, Piakaew N, Laiwattanapaisal W, Katelakha K, Larpant N, Sanpasitt C, Khaosanit P, Boonrod W, and Nokkaew N. (2022). 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*, 22(9).
4. Chuychai J, Srihirun K, **Chinapong S**, Sanpasitt C., Khaosanit P, and Nokkaew N. (2022). Fluid containing highly branched cyclic dextrin: an alternative ergogenic aid to enhance endurance exercise performance in long-distance runners. *Journal of Exercise Physiology Online*, 25(4).
5. **Chinapong S**, Khaosanit P, and Boodrod W. (2021). Effects of normobaric hypoxic exercise for 6-weeks on endurance performance in moderately trained rowers. *Suranaree Journal of Science & Technology*, 28(4).