



Mahidol University
College of Sports Science
and Technology



**AROM
TREERAJ**

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EDUCATION

B.Sc. (Sports Science)

Mahidol University, Thailand

M.Sc.(Sports Science)

Kasetsart University, Thailand

Ph.D (Sports Science)

Chulalongkorn University, Thailand

EMPLOYMENT HISTORY

1998-PRESENT

Assistant Professor

College of Sports Science and Technology
Mahidol University, Thailand

2006- 2010

Staff Coach (Fitness Coach)

Nakhonpathom FC. Thai Premier League and Thai
Division 1, Thailand

2014-2015

Staff Coach (Fitness Coach)

Air Force Central FC . Thai Premier League, Thailand

2010 - PRESENT

Advisor and Coach Mahidol University Football Club

TEACHING EXPERIENCE

Contributions to undergraduate and Graduate teaching across a number of degree program including: B. Sc (Sports Science), B.A (Exercise and Sports), B.A.(Soccer), M.Sc (Sports Science)

REPRESENTATIVE PUBLICATIONS PAPERS

1. Arom Treeraj and Rattapan Kanjanarungsan. The effects of plyometrics training on anaerobic power in rugby football players. *Journal of sports medicine*, volume 2. 2003

2. Arom Treeraj, Rattapan Kanjanarungsan and Sirirat Hirunrut. The effects of different speed weight training depend on leg strength muscle in rugby football players. *Journal of Sports Science and Technology*. Volume 1-2. 2004

3. Tavorn Kamutsri, Arom Treeraj and Pornchalit Jurarukpong. Effects of low hurdle and ladder training on anaerobic power and agility in Thai National team women soccer players. *Journal of Sports Science and Technology*. Volume 8. No1. 2008

4. Rattapan Kanjanarungsan, Arom Treeraj and Monchai Chottida. Effects of Sports Activity in Summer Camp Training on Motor Fitness in Children. *Journal of Sports Science and Technology*. Volume 11. No.2, 2011.

5. Tavorn Kamutsri and Arom Treeraj. The Effects of interval training on anaerobic capacity of soccer players. *Journal of Sports Science and Technology*. Volume 12. No.1, 2012

6. Ekawit Sawangphol, Tavorn Kamutsri and Arom Treeraj. Effects of different intensity weight training on blood lactate concentration of 400- m male Thai national team. *Journal of Sports Science and Health*. Vol.16 No.2, 2015

7. Tavorn Kamutsri, Arom Treeraj, Chatchai Sriwilai and Jira Nabsanit. The physical fitness norms of Thai university athletes. *Journal of Sports Science and Technology*. Volume 15. No.2 December 2015

8. Arom Treeraj and Pranompron Pochanasomburana. Study of a 5-minute cold-water immersion at knee level during half time official match on recovery performance of football players in the hot weather. *Journal of Sports Science and Technology*. Volume 18. No.1, July 2018.

9. Tavorn Kamutsri, Arom Treeraj, Orawan Chareonphol, Sintaya Choodam, Wattanachai Hasup and Narinrat Somwang. A development of physical fitness norms in Thai university athletes. *Journal of Sports Science and Technology*. Volume 19. No.1 July, 2019.

CURRENT PAPER

1. Effect of Weight Training on Hamstrings to Quadriceps Peak Torque Ratios in Female Thai National Team Volleyball Players.(Publication Process)
- 2.Effects of Complex Training on Leg Muscular Acceleration and Balance in Male Thai National Windsurfing Team (Data Collection Process)

POSTER PRESENTATION

- 1.Kanjanarungsan R., Treeraj A., Chottidao M. Effects of Sports Activity Training on Motor Fitness in Children. Joint Congress 4th Asia-Pacific Conference on Exercise and Sports Science & 8th International Sports Science Conference, Kota Bharu, Kelantan, Malaysia 15-17 July 2009.
- 2.Treeraj A. and Kamutsri T. The effect of interval training on aerobic capacity of soccer players. 4th AFC Conference on Science and Football Medicine. Kuala Lumpur, Malaysia, 18-20 March 2011.

ABROAD EXPERIENCE

Short Course in Sports Science at Department of Biomedical Science , University Wollongong , Australia. (16 August to 18 October 2002)

Visit and study high technology of sports science at LJMU, UCLAN and Loughborough University, England 9-19 December,2019

INTEREST AREA

Sports Training and Coaching Science