



## EDUCATION

- 2020 Ph.D. (Candidate) , University of Taipei, Taiwan  
Sports Science (Biomechanics)
- 2005 M.Sc., Mahidol University, Thailand  
Sports Science
- 2001 B.Sc. (First Honor), Mahidol University, Thailand  
Sports Science

## PROFESSIONAL EXPERIENCE

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### 2020 - PRESENT

#### Deputy Dean of Administration

College of Sports Science and Technology  
Mahidol University, Thailand

### 2014 - PRESENT

#### Assistant Professor

College of Sports Science and Technology  
Mahidol University, Thailand

### 2007 - 2013

#### Instructor

College of Sports Science and Technology  
Mahidol University, Thailand

### 2019 - PRESENT

#### Special instructor

Vajiravudh College

### 2018 - PRESENT

#### Chairman of Bachelor of Sports Science and Exercise

College of Sports Science and Technology  
Mahidol University, Thailand

### 2018 - PRESENT

#### Secretary of Sport Science Society of Thailand

Sport Science Society of Thailand

### 2017 - 2020

#### Assistant Dean Research Academic Affairs

College of Sports Science and Technology  
Mahidol University, Thailand

### 2012 - 2014

#### Chairman of Senate

College of Sports Science and Technology  
Mahidol University, Thailand

### 2012 - 2017

#### Instructor Senate member

Mahidol University, Thailand

### 2011 - 2017

#### Special instructor

Faculty of Allied Health Sciences,  
Thammasat University, Thailand

### 2008 - 2011

#### Head of Physical Fitness Test Unit

College of Sports Science and Technology  
Mahidol University, Thailand

### 2006

#### Fitness Instructor

Novotel Suvarnabhumi Hotel

## PROFESSIONAL EXPERIENCE (CONT.)

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**2007**

### **Fitness Instructor**

SS SPORTS CENTER, College of Sports Science and Technology, Mahidol University, Thailand

**2005**

### **Researcher**

College of Sports Science and Technology, Mahidol University, Thailand

**2011**

### **Assistant Researcher**

Physiology of Nutrition Unit, Institute of Nutrition, Mahidol University, Thailand

## PROFESSIONAL SOCIETIES AND ORGANIZATIONS

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2006 - Present Sports Science Society of Thailand (SSST)

## CERTIFICATION

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### **IAAF CERTIFIED LEVEL I COACH COURSE, TRACK AND FIELD**

International Association of Athletics Federation (IAAF)

### **SUPER STRETCH COURSE**

Cheva-Som Academy

### **50TH INTERNATIONAL SESSION FOR YOUNG PARTICIPANTS**

Olympic Academy, Greece

### **EDPEX ASSESSOR**

Mahidol University

### **AUN-QA ASSESSOR**

Mahidol University

### **ASCA LEVEL I**

Australian Strength & Conditioning Association

### **HEAD OF DEPARTMENT DEVELOPMENT PROGRAM**

Mahidol University

## PROFESSIONAL SKILLS

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- 3D Motion analysis system
- Video analysis – Dartfish, Kinovea
- Personal Training

## SCHOLARSHIPS

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2014 - 2017 Mahidol University Lecturer Scholarship (Ph.D.) and Scholarship program from Southeast Asian Scholarship, University of Taipei

2003 - 2006 Lecturer Scholarship (M.Sc.-Ph.D.)

1999 - 2000 City Bank Scholarship

## PUBLICATIONS

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### NATIONAL JOURNAL ARTICLES

Orawan Jareonpol, Yommana Paisanpattanasakul, **Monchai Chottidao**. Physical activity and physical fitness level of Mahidol University Employee's Salaya Campus. *Thammasat Medical Journal* 2014; 14 (4): 562-570.

Rungchai Chaunchaiyakul, **Monchai Chottidao**, Kitipol Chitskul, Hattaya Issaraprasart, Songsiri Pohcharoen, Napat Tinanop, Poonyavee Choo-umnaj. Double-Hand Rapid Cooling on Subsequent Anaerobic Performance in Wrestlers. *KKU Research Journal* 2012; 12 (GS): 99-105.

**Monchai Chottidao**, Weerawat Limroongreungrat and Opas Sinphermsakskul. The study of Thai's fencer's injuries in 38th National Sports Competition at Trang. *J. Sports Sci. Technol* 2010; 11(2): 177-184.

Ratapan Kanjanarungsan, Arom Treeraj and **Monchai Chottidao**. Effects of sports activity in summer camp training on motor fitness in children. *J.Sports Sci. Technol* 2011; 11 (2): 81-92.

**Monchai Chottidao**, Opas Sinphermsakskul, Thyon Chentanez. Effects of elastic chest wall restriction on lung function after aerobic exercise training. *Chula Med J* 2009 Jan – Feb; 53(1).

**Monchai Chottidao**, Opas Sinphermsakskul, Thyon Chentanez, Panya Kaimuk and Thavorn Kamutsri. Effects of aerobic dance and aquatic aerobic exercise on respiratory performance. *J.Sports Sci. Technol* 2007; 7(1,2): 109-122.

## PUBLICATIONS

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### INTERNATIONAL JOURNAL ARTICLES

Effects of athletic footwear on plantar force during rope skipping. Hai Bin Yu, **Monchai Chottidao**, Yung-Shen Tsai. *Int. J. Experimental and Computational Biomechanics*, Vol. 4, Nos. 2/3, 2018.

### INTERNATIONAL CONFERENCE PAPERS

**Monchai Chottidao**, Hai-Bin Yu and Yung-Shen Tsai. Gender differences in lower extremity stiffness during jumping rope. Submitted for poster presentation in 2017 FISU World Conference on Development Through Sport 29th Summer Universiade in Taipei City, Taiwan] August 27-30, 2017. Taipei, Taiwan.

**Monchai Chottidao**, Yung-Shen Tsai. Computations of vertical stiffness during jumping rope. Submitted for poster presentation in 2016 the XIV International Symposium on 3D Analysis of Human Movement (3D-AHM 2016), July 18-21, 2016. Taipei, Taiwan.

**Monchai Chottidao**, Chang C.K., Yung-Shen Tsai. Electromyographic analysis of lower extremity muscles in different levels of badminton players during receiving. Submitted for poster presentation in 2015 World Congress of International Society for Adaptive Medicine, May 27-30, 2015. Yonago, Japan.

Metta Pinthong, **Monchai Chottidao**, Rungchai Chaunchaiyakul. Community-based Social Dance Exercise For Middle-aged And Older Adults: A Pilot Study. Submitted for poster presentation in ACSM's 62nd Annual Meeting, 6th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise Fatigue, May 26-30, 2015. San Diego, California, USA.

**Monchai Chottidao** and Weerawat Limroongreungrat. Comparison of Cardiorespiratory function between Single and Double Legs Rope Jumping Exercise. Submitted for poster presentation in The 58th Annual Meeting and inaugural World Congress on Exercise is Medicine of American College of Sports Medicine, May 31 - June 4, 2011. Denver, Colorado, USA.

# PUBLICATIONS (CONT.)

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## INTERNATIONAL CONFERENCE PAPERS

**Monchai Chottidao** and Weerawat Limroongreungrat. Comparison of Energy Expenditure between Single and Double Leg Rope Jumping Exercise. Submitted for oral presentation in The International Conference on Sports and Exercise Science, December 11-14, 2010. Chiang Mai, Thailand.

Limroongreungrat W., Tongaim R., Kluensuwan A., **Chottidao M.** Kinematics Analysis of Female Sabre Fencing Lunge during Competition. International Conference on Sports and Exercise Science 2010, 11-14 December 2010 Chiangmai Thailand.

**Monchai Chottidao** and Weerawat Limroongreungrat. Comparison of Oxygen Uptake between Single and Double Legs Rope Jumping Exercise. Submitted for poster presentation in The 57th Annual Meeting and inaugural World Congress on Exercise is Medicine of American College of Sports Medicine, June 1-5, 2010. Baltimore, Maryland, USA.

Narongphan Netcharoen and **Monchai Chottidao**. Comparison of Anaerobic power between Weight Sled Resistance Training and Interval Training in Thai Athletes. Submitted for poster presentation in The 57th Annual Meeting and inaugural World Congress on Exercise is Medicine of American College of Sports Medicine, June 1-5, 2010. Baltimore, Maryland, USA.

Taweeratana Siwadune, **Monchai Chottidao**, Sassinee Chutiwatsathian. A Study of Physical Fitness of Nursing Students, Ramathibodi Hospital Medical School. Submitted for poster presentation in The 1st International Conference on Sports and Exercise Science, December 1-3, 2009, Bangkok, Thailand.

Narongphan Netcharoen, Opas Sinpermsakskul, **Monchai Chottidao**. Effects of Weight Sled Resistance Training and Interval Training on Muscle Strength in Mahidol University Sports Science Student. Submitted for poster presentation in The 1st International Conference on Sports and Exercise Science, December 1-3, 2009, Bangkok, Thailand.

Ratapan Kanjanarungsan, Arom Treeraj and **Monchai Chottidao**. Effects of sports activity training on motor fitness in children. Submitted for poster presentation in Joint Conference: 4th Asia Pacific Conference on Exercise and Sports Science and 8th International Sports Science Conference 2009, July 15-17, 2009. Kota Bharu, Kelantan, Malaysia.

**Monchai Chottidao** and Weerawat Limroongreungrat. Physical Fitness Differences between Securities officer and Information Technology officer in Bank of Thailand. Submitted for poster presentation in Joint Conference: 4th Asia-Pacific Conference on Exercise and Sports Science and 8th International Sports Science Conference 2009, July 15-17, 2009. Kota Bharu, Kelantan, Malaysia.

Metta Pinthong, **Monchai Chottidao**, Rungchai Chuanchaiyakul. Grip strength, physical fitness and physical activity energy expenditure in various age groups of Bangkok perimeters. Submitted for poster presentation in Pre-Olympic Congress, August 1-5, 2008. Beijing, China.

**Monchai Chottidao**, Opas Sinpermsakskul, Thyon Chentanez. Effects of aerobic dance and aquatic aerobic exercise on respiratory performance. Submitted for poster presentation in Pre-Olympic Congress, August 1-5, 2008. Beijing, China.

**Monchai Chottidao**, Thavorn Kamutsri, Teerawat Kulthanan. The study of merchant's physical fitness. Submitted for poster presentation in Proceeding Joint Congress 2007 SEA Game & ASEAN Para Game Scientific Congress and 5th Bangkok ASPASP International Congress on Sport Psychology. December 1-4, 2007. Bangkok, Thailand.