



## EDUCATION

### **Liverpool John Moores University, UK: 2005 – 2012**

PhD in Exercise Physiology

- Research Title: The effect of circadian and menstrual cycles on cardiovascular and thermoregulatory response to exercise

### **Mahidol University: 1999 – 2003**

MSc in Exercise Physiology

### **Khon Kaen University: 1995 – 1998**

BSc in Physical Therapy (Second Hons)

## EMPLOYMENT

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### **College of Sports Science and Technology, Mahidol University: 2013 – Present**

Lecturer: Teaching in Exercise Physiology, Sports Physiology, Sport and Exercise for Special Groups and English for Sports Science to both undergraduate and postgraduate students and also teaching in current topics and seminar in sports science for postgraduates. Course co-ordinator in English for football class for undergraduate students and seminar class for postgraduate students.

## INTERESTING AREAS

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- Cardiovascular and thermoregulatory responses to exercise in extreme conditions
- Effect of Supplementation on exercise performance
- Exercise in women

## CURRENT RESEARCH

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- Thai Females Anthropometric Database for Industrial Purposes
- Prediction of One Repetition Maximum of Bench Press Test using Accelerometer
- High Intensity Interval Training: The Effect of Roll on – Roll off Recovery on Aerobic and Anaerobic Performance in Varsity Football Players
- Acute effect of Dark chocolate consumption on Lipid Profiles, Carbohydrate and Fat Metabolism during exercise in overweight Individuals

## CERTIFICATION

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1999 – Present: Thai Physical Therapy Licensure

## PUBLICATIONS

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- R. Chaunchaiyakul, **S. Kongkhum**, S. Chaunchaiyakul and J. Parathakornku (2014). Effect of Intake of Different Water Temperatures on Thermoregulatory Responses during Sauna Exposure. *Adaptive Medicine*. 6(2): 80-85.
- Sothida Nantakool, Runchai Chaunchaiyakul, Metta Pinthong and **Saiphon Kongkum** (2017). Effect of Sports Drink on Repeated Performance in Healthy Thai Males after Glycogen Depletion. *Journal of Sports Science and Technology*. 17(1): 83-93
- **Saiphon Kongkum**, Suthasinee Kongthongsung, Waree Widjaja, Rungchai Chaunchaiyakul (2017). The Acute Effects of *Rhodioa crenulata* on Submaximal Exercise Performance under Heat Stress. *Journal of Sports Science and Technology*. 17(2): 83-95
- Metta Pinthong, Manutsawee Sedsuwan and Saiphon **Kongkum** (2017). Effects of a newly designed military shirt on physiological responses under heat stress. *Journal of Sports Science and Technology*. 17(2): 97-108
- Marla Frances T. Mallari, Alisa Nana, Metta Pinthong, **Saiphon Kongkum**, Rungchai Chaunchaiyakul, and Christian Wisdom Valleser (2019). Effect of ad libitum intake of lactose-free milk on subsequent performance of collegiate badminton athletes. *German Journal of Exercise and Sport Research*. 49 (3): 266–274
- Marla Frances T. Mallari, Alisa Nana, Metta Pinthong, **Saiphon Kongkum**, Rungchai Chaunchaiyakul and Christian Wisdom Valleser (2019). Post-exercise ingestion of lactose-free skim milk affects thirst but not subsequent performance and net fluid balance of collegiate badminton athletes. *Malaysian Journal of Nutrition*. Accepted: 24 June 2019
- Napapas Supupramai and **Saiphon Kongkum** (2019). The Effect of a Short-term Modified Thai Yoga Program on Leg Muscle Strength, Proprioception and Mobility Performance. *Journal of Faculty of Physical Education*. 22 (2): 1-11