

## Curriculum Vitae:

Assoc. Prof. Sainatee Pratanaphon



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### Education:

M.Sc.            Mahidol University, Thailand (Physiology)

B.Sc.            Chiang Mai University, Thailand (Physical Therapy)

### Positions & Appointments

#### Academic positions

2006 – present            Associate Professor

2001 – 2005              Assistant Professor

1996 – 2000              Instructor

#### Appointments

2018 – present            Assistant Dean for Graduate Education, Faculty of Associated  
Medical Sciences, Chiang Mai University, Thailand

2016 – present            Executive committee of Master of Physical Therapy, Graduate school,  
Chiang Mai University, Thailand

2004 – 2015              Executive committee of Master of Science program in Movement and  
Exercise Sciences program, Graduate school, Chiang Mai University,  
Thailand

2007 – present            Assessor of Quality Assurance in Higher Education, Thailand

2007 – 2011	Head of Department, Department of Physical Therapy, Chiang Mai University, Thailand
2003 – 2006	Assistant Dean for Undergraduate Student Affairs, Faculty of Associated Medical Sciences, Chiang Mai University, Thailand
2000 – 2006	Executive Board of AMS Clinical Service Center, CMU
1999 – present	Teaching staff of Master of Science program in Sport Science, Graduate school, Chiang Mai University, Thailand
1996 – present	Teaching staff of Bachelor of Science program in Physical Therapy, Faculty of Associated Medical Sciences, Chiang Mai University, Thailand

#### Professional Membership:

1996 – present	Thai Physical Therapy Association
2000 – present	The Sports Science Society of Thailand

#### Area of Interest:

- Interventions to improve Obstructive sleep apnea (OSA) in Obese children and adolescents
- Development of Mobility aids for People with Physical Disabilities
- Physiotherapy interventions in High risk infant

#### Supervised Students Awards

1. Longlalerng K., Sonsuwan N., Kietwatanachareon S., Kumsaiyai W., Uthaikhup S., Traisathit P., Panyasak D., **Pratanaphon S.** Combining High-Intensity Interval Training and Resistance Training on Sleep Indexes and Vascular Function in Obese Children with Obstructive Sleep Apnea. Presented at *The International Conference on Adaptations and Nutrition in Sports (ICANS)*, 2018. Chonburi, THAILAND. **Best oral presentation award (Second Place Award)**
2. Chairat W., Panpanya Y., Namkorn J., Pattana S., Yankai A., **Pratanaphon S.** The Resistance Motor tricycle for Children with Cerebral Palsy” awarded by *the Thailand Innovation Awards (Sport Innovation-Health Promotion)*, 2009. **(Third Place Award)**

3. Saivarin P, Anusri S, Pattana S, Pratanaphon S. The Posterior Walker for Children with Cerebral Palsy. awarded by *the Industrial and Research Projects for Undergraduate students (IRPUS)*, 2008 (Popular Vote) (Third Place Award)
4. Chanpa S, Pratanaphon S. The Portable Wheeled Walker for People with Poor Gait. awarded by *the Thailand Innovation Awards (Technology)*, 2007 (Third Place Award)

**Publications:**

\* First Author/Corresponding Author

*International publications:*

1. Pratanaphon S\*, Chaimano S, Chandee S, Autkhrua K, Sa-nguanmoo P, Chawawisuttikool J, Wonglangka K. Obstructive sleep apnea affected the airflow in mid- and peripheral airways in obese children and adolescents. *Sleep Breath* (submitted, 2020)
2. Longlalerng K, Sonsuwan N, Uthaikhup S, Kietwatanachareon S, Kamsaiyai W, Panyasak D, Pratanaphon S\*. High intensity interval training combined with resistance training improved apnea hypopnea index but did not modify oxygen desaturation index and oxygen saturation nadir in obese children with obstructive sleep apnea. *Sleep Breath* 2020; 24(2): 571-80. Doi: 10.1007/s11325-019-01899-z (Q2, IF = 2.420)
3. Longlalerng K, Sonsuwan N, Uthaikhup S, Kumsaiyai W, Sitalertpisan P, Traisathit P, Pratanaphon S\*. Translation, cross-cultural adaptation and psychometric properties of the Sleep-Related Breathing Disordered -Pediatric Sleep Questionnaire for obese Thai children with obstructive sleep apnea. *Sleep Med* 2019; 53: 45-50. Doi: [10.1016/j.sleep.2018.08.033](https://doi.org/10.1016/j.sleep.2018.08.033). (Q1, IF = 3.360)
4. Leelarungrayub D, Saidee K, Pothongsunun P, Pratanaphon S, YanKai A, Bloomer RJ. Six weeks of aerobic dance exercise improves blood oxidative stress status and increases interleukin-2 in previously sedentary women. *J Bodyw Mov Ther* 2011; 15: 355-62. (Q1, IF = 1.186)
5. Leelarungrayub D, Pratanaphon S, Pothongsunun P, Sriboonreung T, Yankai A, Bloomer RJ. *Vernonia cinerea* Less. supplementation and strenuous exercise reduce smoking rate: relation to oxidative stress status and beta-endorphin release in active smokers. *J Int Soc Sports Nutr* 2010; 7: 21-30. (Q1, IF = 2.675)

6. Leelarungrayub D, Pothongsunun P, Yankai A, **Pratanaphon S**. Acute clinical benefits of chest wall-stretching exercise on expired tidal volume, dyspnea and chest expansion in a patient with chronic obstructive pulmonary disease. *J Bodyw Mov Ther* 2009; 13: 338-43. (Q1, IF = 1.186)

*National publications*

7. Borkam R, Peungsuwan P, Chanavirut R, **Pratanaphon S**, Malila P, Donpunha W. Effects of a lower extremity strength training program on range of motion in children with spastic cerebral palsy. *Archives of Allied Health Sciences* 2020 (accepted June 7, 2020)
8. **Sainatee P\***, Longlalerng K, Jitmana. J, Chaikla. K, Namkanya T, Pirunsan U, Boothana N. Content validity and psychometric characteristics of Thai translated version of the Physical Activity Questionnaire for Children (PAQ-C) and Adolescents (PAQ-A). *J Assoc Med Sci* 2020; 53(3): 84-91.
9. Borkam R, Donpunha W, Peungsuwan P, Chanavirut R, **Pratanaphon S**. Effect of lower extremities strengthening exercise on standing in children with spastic cerebral palsy. Proceeding at The 2nd National Conference, Ratchathani University (RTUNC 2017) July 26-27, 2017. Ubonratchathani, THAILAND.
10. Boontha K, Pirunsan U, Khamwong P, **Pratanaphon S**. Reliability of heart rate maximizer test using jumping jack in assessing cardiovascular fitness. *Bull Chiang Mai Assoc Med Sci* 2016; 49(3): 344-54. Doi: 10.14456/jams.2016.34.
11. Sukhajirachort K, Kasiyaphat A, Silalertdejkul S, **Pratanaphon S**, Kietwatanachareon S. The effects of core muscle strength and high-intensity interval endurance training on dragon boat rowers performance. *J Faculty Phys Educ* 2016; 19(1): 209-17.
12. Srisukjareon B, Theerapraditthaphon N, **Pratanaphon S\***. Ankle Proprioception Deficit in Hockey Athletes with Previous Ankle Injury. *J Med Tech Phy Ther* 2015; 27(3): 298-306.
13. Srisukjareon B, Chamnongkich S, **Pratanaphon S\***. Comparisons of Static and Dynamic Balance between Hockey Athletes with and without Ankle Injury. *J Sports Sci Technol* 2015; 15(1): 191-201.
14. Somchart W, Chamnongkich S, **Pratanaphon S\***. Effects of aqua brisk walking and cycling on risk factors of metabolic syndrome and physical fitness in obese adults. *J Med Tech Phy Ther* 2015; 27(1): 68-78.

15. Boonyarom O, Somthavil S, Srisupornkornkool K, **Pratanaphon S**, Sangmuang N, Wongjaroen S, et al. Prevalence of obesity in primary school students in Muang, Phitsanulok province. Royal Thai Air Force Medical Gazette (RTAFMG) 2014; 60(2): 35-41.
16. Tijan J, **Pratanaphon S**, Khamwong P. Acute effects of warm up and dynamic stretching on vertical jump, speed and agility in youth male soccer players. J Sports Sci Technol 2014; 14(2): 31-42.
17. Chamnongkich S, **Pratanaphon S**. Measurement of trunk stability the Timed Up and Go Test in elderly women using an accelerometer. Songkla Med J 2014; 32(1): 23-33.
18. Chamnongkich S, Wongsaya E, **Pratanaphon S**. Trunk displacement during the sit-to-stand tests in young adults. Bull Chiang Mai Assoc Med Sci 2013; 46(2): 131-40.
19. Theerapraditthaphon N, Chamnongkich S, **Pratanaphon S\***. Effects of static and dynamic stretching combined with a warm-up on lower extremity kinematics and 100 meters sprint performance. J Sports Sci Technol 2012; 12(1): 33-44.
20. Kitmee V, **Pratanaphon S\***. The effects of dynamic warm up combining with static stretching on strength, sprint and flexibility. J Sports Sci Technol 2012; 12(2): 27-36.
21. Prakanta P, **Pratanaphon S\***. Comparisons in physical fitness between obese, overweight and normal weight children aged 6-12 years old. Bull Chiang Mai Assoc Med Sci 2012; 45(3): 49-58.
22. Kaetwong S, **Pratanaphon S\***. Acute effects of dynamic stretching with and without warm-up on sprint and vertical jump performance. Bull Chiang Mai Assoc Med Sci 2012; 45(3): 39-48.
23. Hensangvilai K, **Pratanaphon S**, Silsupadol P, Sunanchai A. The effectiveness of using VCD aerobic exercises on physical fitness in obese children. Bull Chiang Mai Assoc Med Sci 2012; 45(2): 52-8.
24. Chaimongkol N, **Pratanaphon S\***. Effects of Continuous and Accumulated Brisk Walking on Functional Capacity and Lipid Profile in Sedentary Workers. J Med Tech Phy Ther 2011; 23: 177-85.
25. Ruangjun Y, Boriboon D, Khamwong P, **Pratanaphon S**. Effects of upper limbs plyometric exercises on anaerobic fitness, reaction time and rowing efficiency in Thai 5-oars paddlers. J Sports Sci Technol 2009; 9(1 & 2): 151-62.

26. Saivarin P, Anusri S, Pattana S, **Pratanaphon S\***. Gait parameters, energy conservation and perceived exertion in children with cerebral palsy when walking with the developing posterior walker. *Chiang Mai Med Bull* 2008; 47(3): 125-33.
27. **Pratanaphon S\***, Pun-Ai N, Chamnongkich S. Prolonged effect of children and family based intervention on treating childhood obesity. *Chiang Mai Med Bull* 2008; 47(1): 19-25.
28. Tawarat K, **Pratanaphon S\***. The development of adjustable velcro weight. *Bull Chiang Mai Assoc Med Sci* 2008; 41(1): 39-45.
29. Chanpa S, **Pratanaphon S\***. The development of Portable Wheeled Walker. *Bull Chiang Mai Assoc Med Sci* 2007; 40(3): 228-35.
30. **Pratanaphon S\***, Chumnongkich S, Hensangvilai K. The development of prediction equations for BMI and fat mass from simple anthropometry in 6-to-8-year-old children. *Chiang Mai Med Bull* 2007; 46(1): 31-8.
31. Hensangvilai K, Panti S, Pirunsan U, **Pratanaphon S**. Development of moderate intensity aerobic exercise VCD for normal children aged 9-10 years old. *J Med Tech Phy Ther* 2007; 19(1): 80-8.
32. **Pratanaphon S\***, Pun-Ai N, Chumnongkich S. Acute effect of children and family based intervention on treating obesity. *Chiang Mai Med Bull* 2006; 45(4): 145-53.
33. Wongpang K, Zaeleng N, **Pratanaphon S\***. Reference body mass index for children aged 3-12 yrs in private schools: retrospective study. *Bull Chiang Mai Assoc Med Sci* 2006; 39(3): 29-37.
34. Hensangvilai K, **Pratanaphon S**. The Prolonged effects of 12-Minute Walk Test exercise program on physical fitness in overweight women. *Bull Chiang Mai Assoc Med Sci* 2006; 39(1): 36-41.
35. **Pratanaphon S\***, Sutabhaha T. Anaerobic fitness in Thai professional bullet students. *J Sports Sci Technol* 2004; 4(1): 75-80.
36. Maneechak W, **Pratanaphon S**. Survey of Basic Geometric Form Copying Ability in Preschoolers Aged 3-5 in Amphur Muang, Chiang Mai. *Bull Chiang Mai Assoc Med Sci* 2004; 37: 71-7.

37. **Pratanaphon S\***, Ananwattanakij K, Namwong P. Vital Capacity and Inspiratory Muscle Strength of Individuals with Mental Retardation: a Comparative Study. Bull Chiang Mai Assoc Med Sci 2001; 34: 98-106.

**Textbooks:**

38. **Pratanaphon S**. Cigarette toxicity in pregnancy, developing fetus and children. In: Vachalathiti R and Janewattanakul P, editors Physical Therapy and Cigarette toxicity Bangkok: Chulalongkorn University printing house; 2007. p 153-194.
39. **Pratanaphon S**. Childhood obesity and Management. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 2006.
40. **Pratanaphon S**. Child Development. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 2005.
41. **Pratanaphon S**. Community-Based Rehabilitation. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 2004.
42. **Pratanaphon S**, Sriboonreung T, Cheewapanich S, Hensangvilai K. (2001). Training handbook of Pediatric Physical Therapy in Community. Chiang Mai: Chotana printing; 2001.
43. **Chenareon S**. Pediatric Neurologic Physical Therapy I. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 1999.
44. **Chenareon S**. Speech Therapy and Language. In: Hensaengwilai K, editor. Training handbook of Bobath course. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University. 1998. p 161- 80.
45. **Chenareon S**. Physiology of heat. In: Tanawan Techasubamorn, editor. Thermotherapy I. Chiang Mai: Faculty of Associated Medical Sciences, Chiang Mai University; 1997. p 1-18.

**Presentations**

1. **Pratanaphon S**, Prakanta P, Verner O, Leelarungrayub D. Fatness effect on physical fitness-related motor abilities and muscle strength in primary school children. International conference of Physical Therapy "Bridging the Gaps: From clinical

reasoning to clinical practice for upper and lower quadrants” Jun 23-27, 2014. Centara Duangtawan, Chiang Mai, Thailand.

2. Hensangvilai K, Thawinchai N, **Pratanaphon S**, Chamnongkich S, Trinarong C. Hippotherapy on gross motor function and gait in children with cerebral palsy. 16th International World Physical Therapy (WCPT) Congress, June 2011 Amsterdam, Netherland
3. Yamauchi J, Verner O, Panti S, Chaunchaiyakul R, **Pratanaphon S**. Resting metabolism and physical functions in young and elderly women. The 3<sup>rd</sup> International Conference of Sports and Exercise Science “Toward the Global Future of Sports Science” Feb 7-10, 2012. Imperial Queen’s Park Hotel, Bangkok, Thailand.

#### Short Course Training & Visiting

Course	Organization	Date
Equipment & research related to Sport Sciences	Laboratory of Exercise Biochemistry, Institute of Health & Sports Sciences, University of Tsukuba, JAPAN	Oct 27- Nov 4, 2013
Traditional Chinese Medicine Camp	Wenzhou Medical University, China	Oct 12- 26, 2013
Thailand Quality Award (TQA)	Thailand Productivity Institute	2009-2012
Equipment & research related to Sport Sciences	Korean Institute of Sports Science (KISS), National University of Sports Science, World Cup Stadium, Soul, South Korea	Oct 22-26, 2010
Equipment & research related to Sport Sciences	School of Exercise and Sport Science, University of Sydney and Sydney Water Sports Center, Australia	Nov 16-18, 2009



Metabolic cart training	MedGraphics Co.Ltd., Minneapolis, MN, USA	13-22 Dec, 2007
3-D Motion analysis & Functional Electrical Stimulation (FES): Operation & Application	School of Exercise and Sport Science, University of Sydney, Australia	Apr 22-30, 2004
Botox in CP and Various form of Assessment	Sydney Children's hospital, New South Wales, Australia	Apr 6-21, 2004
Rehabilitation of Persons with Disabilities (Vocational rehabilitation and workshop management)	Japan International Cooperation Agency (JICA)	Sept 10-Nov 2, 2002
Equipment & researches involved with sport sciences	School of Exercise, University of New South Wales, Australia	1-16 Apr, 2002
Equipment & research involved with Sport Sciences	Beijing, People Republic of China	Aug 27-31, 2001
Pediatrics PT: Focus on Preterm children, Hydrotherapy, and Hip surveillance in CP	Princess Margaret Hospital & King Edward Hospital, Perth, Western Australia	Mar 17-May 15, 2000