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Instructor: Choongsung Yoo

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East Texas A&M University
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EDUCATION

- 2024.08** Ph.D. in Kinesiology (Emphasis: Exercise Nutrition), Texas A&M University, College Station, TX
Dissertation: Effects of supplementation with microalgae extract from Phaeodactylum tricornutum containing fucoxanthin on cognitive function and markers of health in older men and women with evidence of age-associated memory decline (Advisor: Dr. Richard B. Kreider)
- 2018.02** M.S. in Physical Education (Emphasis: Exercise Nutrition), Konkuk University, Seoul, South Korea
Thesis: The effect of lactate and co-ingested caffeine on energy substrate utilization in rats (Advisor: Dr. Kiwon Lim)
- 2016.02** B.S. in Physical Education, Department of Physical Education, College of Education, Konkuk University, Seoul, South Korea

TEACHING EXPERIENCE

- 2026.08-Present** Assistant Professor, Department of Health and Human Performance, East Texas A&M University, Commerce, TX
- 2022.01-2024.05** Instructor/Lecturer of Record, KINE 428 Exercise Biomechanics, Department of Kinesiology and Sport Management, Texas A&M University, College Station, TX

RESEARCH EXPERIENCE

- 2024.07-2026.05** Postdoctoral Fellow, Laboratory of Perinatal Exercise Genomics, Division of Basic Science, Department of Obstetrics, Gynecology and Reproductive Sciences, University of Maryland School of Medicine, Baltimore, MD

2019.08-2024.08	Research Assistant, Exercise and Sport Nutrition Laboratory, Texas A&M University, College Station, TX
2016.03-2019.08	Research Assistant, Exercise and Sport Nutrition Laboratory, Konkuk University, Seoul, South Korea

CERTIFICATIONS & POST-GRADUATE TRAINING

2022	Certified Sports Nutritionist, International Society of Sports Nutrition (ISSN)
2022	Certified Strength & Conditioning Specialist, National Strength & Conditioning Association (NSCA)
2022	Certified Phlebotomy Technician, National Performance Specialist (NPS)
2022	Medical Statistics 1, Stanford Center for Professional Development and Stanford Online
2016	Secondary Teaching Certificate, Ministry of Education, South Korea
2016	Certificate of Lifeguard, Korean Red Cross

RESEARCH INTERESTS

- Human Resilience Under Physical and Cognitive Stress
- Cognitive Performance and Fatigue
- Sport Nutrition and Ergogenic Aids
- Exercise Physiology and Metabolic Adaptation
- Female Athlete Health and Perinatal Exercise

PEER-REVIEWED PUBLICATIONS

1. Joungbo Ko*, Jisun Chun, **Choongsung Yoo**, Drew E Gonzalez, Youngil Lee#, "Effects of probiotics and synbiotics on body weight management in individuals with overweight or obesity: a systematic review and meta-analysis of randomized controlled trials." Physical Activity and Nutrition 2026 (June 30), 30(2), 78.
2. Sarah Johnson*, Broderick L Dickerson, Jisun Chun, Olivia Haskell, Elena Chavez, Leah Kirkegaard, Kelly Elizabeth Hines, **Choongsung Yoo**, Joungbo Ko, Dante Xing, Martin Purpura, Ralf Jäger, Ryan J Sowinski, Drew E Gonzalez, Christopher J Rasmussen, Richard B Kreider#, "Effects of a Plant-Based Multi-Strain Limosilactobacillus fermentum Probiotic on Weight Loss Outcomes in Overweight and Obese Adults: A Preliminary Study." Nutrients 2026 (June 12), 18(12), 1908.
3. **Choongsung Yoo***, Song Ah Chae*, Jun Seok Son#, "Cross-generational integration of nutritional encoding and offspring adipose genomics." International Journal of Molecular Sciences 2026 (March 13), 27(6), 2623.
4. Victoria Martinez* , Kay McAngus, Broderick L. Dickerson , Megan Leonard , Elena Chavez, Jisun Chun, Megan Lewis, Dante Xing, Drew E. Gonzalez , **Choongsung Yoo**, Joungbo Ko, Heather Rhodes, Hudson Lee, Ryan J. Sowinski , Christopher J. Rasmussen and Richard B. Kreider *, "Effects of 12 Weeks of Chromium, Phyllanthus emblica Fruit Extract, and Shilajit Supplementation on Markers of

Cardiometabolic Health, Fitness, and Weight Loss in Men and Women with Risk Factors to Metabolic Syndrome Initiating an Exercise and Diet Intervention: A Randomized Double-Blind, Placebo-Controlled Trial.”, *Nutrients* 2025 (June 19), 17(12), 2042.

5. Drew E Gonzalez*, Broderick L Dickerson, Sarah E Johnson, Kathryn E Woodruff, Megan Leonard, **Choongsung Yoo**, Joungbo Ko, Dante Xing, Victoria Martinez, Jacob Kendra, Landry Estes, Ryan J Sowinski, Chris J Rasmussen, Steven E Martin, Richard B Kreider#, “Impact of astaxanthin supplementation on markers of cardiometabolic health and tactical performance among firefighters.” *Journal of the International Society of Sports Nutrition* 2024 (December 31), 21(1), 2427751.
6. **Choongsung Yoo***, Dante Xing, Drew E Gonzalez, Victoria Jenkins, Kay Nottingham, Broderick Dickerson, Megan Leonard, Joungbo Ko, Megan H Lewis, Mark Faries, Wesley Kephart, Martin Purpura, Ralf Jäger, Shawn D Wells, Kylin Liao, Ryan Sowinski, Christopher J Rasmussen, Richard B Kreider#, “Paraxanthine provides greater improvement in cognitive function than caffeine after performing a 10-km run.” *Journal of the International Society of Sports Nutrition* 2024 (May 09) 21(1), 2352779.
7. Drew E Gonzalez*, Jacob A Kendra, Broderick L Dickerson, **Choongsung Yoo**, Joungbo Ko, Kay McAngus, Victoria Martinez, Megan Leonard, Sarah E Johnson, Dante Xing, Ryan J Sowinski, Christopher J Rasmussen, Richard B Kreider#, “Effects of Acute and One-Week Supplementation with Montmorency Tart Cherry Powder on Food-Induced Uremic Response and Markers of Health: A Proof-of-Concept Study.” *Nutrients* 2024 (October 06) 16(19), 3391.
8. Joungbo Ko*, **Choongsung Yoo**, Dante Xing, Jisun Chun, Drew E Gonzalez, Broderick L Dickerson, Megan Leonard, Victoria Jenkins, Marie van der Merwe, Carolyn M Slupsky, Ryan Sowinski, Christopher J Rasmussen, Richard B Kreider#, “Effects of Human Milk Oligosaccharide 2'-Fucosyllactose Ingestion on Weight Loss and Markers of Health.” *Nutrients* 2024 (October 05) 16(19) 3387.
9. Broderick Dickerson*, Drew E Gonzalez, Ryan Sowinski, Dante Xing, Megan Leonard, Jacob Kendra, Victoria Jenkins, Siddharth Gopalakrishnan, **Choongsung Yoo**, Joungbo Ko, Syamkumar Sivasankara Pillai, Jigna R Bhamore, Bhimanagouda S Patil, Gus A Wright, Christopher J Rasmussen, Richard B Kreider#, “Comparative Effectiveness of Ascorbic Acid vs. Calcium Ascorbate Ingestion on Pharmacokinetic Profiles and Immune Biomarkers in Healthy Adults: A Preliminary Study.” *Nutrients* 2024 (October 02) 16(19) 3358.
10. **Choongsung Yoo***, Jonathan Maury, Drew E Gonzalez, Joungbo Ko, Dante Xing, Victoria Jenkins, Broderick Dickerson, Megan Leonard, Landry Estes, Sarah Johnson, Jisun Chun, Jacob Broeckel, Rémi Pradelles, Ryan Sowinski, Christopher J Rasmussen, Richard B Kreider#, “Effects of Supplementation with a Microalgae Extract from *Phaeodactylum tricornutum* Containing Fucoxanthin on Cognition and Markers of Health in Older Individuals with Perceptions of Cognitive Decline.” *Nutrients* 2024 (September 05), 16(17) 2999.
11. Leonard, M. *, Dickerson, B., Estes, L., Gonzalez, D. E., Jenkins, V., Johnson, S., Dante Xing, **Choongsung Yoo**, Joungbo Ko, Martin Purpura, Ralf Jäger, Mark Faries, Wesley Kephart, Ryan Sowinski, Christopher J. Rasmussen, Kreider, R. B#,

- "Acute and Repeated Ashwagandha Supplementation Improves Markers of Cognitive Function and Mood." *Nutrients* 2024 (June 8), 16(12), 1813.
12. Broderick Dickerson*, Jonathan Maury, Victoria Jenkins, Kay Nottingham, Dante Xing, Drew E Gonzalez, Megan Leonard, Jacob Kendra, Joungbo Ko, **Choongsung Yoo**, Sarah Johnson, Rémi Pradelles, Martin Purpura, Ralf Jäger, Ryan Sowinski, Christopher J. Rasmussen, Richard B. Kreider#, "Effects of Supplementation with Microalgae Extract from *Phaeodactylum tricornutum* (Mi136) to Support Benefits from a Weight Management Intervention in Overweight Women." *Nutrients* 2024 (Mar 28), 16(7), 990.
 13. Joungbo Ko*, **Choongsung Yoo**, Dante Xing, Drew E Gonzalez, Victoria Jenkins, Broderick Dickerson, Megan Leonard, Kay Nottingham, Jacob Kendra, Ryan Sowinski, Christopher J. Rasmussen, Richard B. Kreider#, "Pharmacokinetic Analyses of Liposomal and Non-Liposomal Multivitamin/Mineral Formulations." *Nutrients* 2023(Jul 7), 15(13), 3073.
 14. Megan Leonard*, Jonathan Maury, Broderick Dickerson, Drew E Gonzalez, Jacob Kendra, Victoria Jenkins, Kay Nottingham, **Choongsung Yoo**, Dante Xing, Joungbo Ko, Rémi Pradelles, Mark Faries, Wesley Kephart, Ryan Sowinski, Christopher J. Rasmussen, Richard B. Kreider#, "Effects of dietary supplementation of a microalgae extract containing fucoxanthin combined with guarana on cognitive function and gaming performance." *Nutrients* 2023(Apr 15), 15(8), 1918.
 15. **Choongsung Yoo***, Jisu Kim, Sunghwan Kyun, Takeshi Hashimoto, Hironori Tomi, Kiwon Lim#, "Synergic effect of exogenous lactate and caffeine on fat oxidation and hepatic glycogen concentration in resting rats." *Physical Activity and Nutrition* 2022 (Dec 31), 26(4), 5.
 16. Dante Xing*, **Choongsung Yoo**, Drew Gonzalez, Victoria Jenkins, Kay Nottingham, Broderick Dickerson, Megan Leonard, Joungbo Ko, Mark Faries, Wesley Kephart, Martin Purpura, Ralf Jäger, Ryan Sowinski, Christopher J. Rasmussen, Richard B. Kreider#, "Effects of acute Ashwagandha ingestion on cognitive function." *International Journal of Environmental Research and Public Health* 2022 (Sep 20), 19(19), 11852.
 17. Dante Xing*, **Choongsung Yoo**, Drew Gonzalez, Victoria Jenkins, Kay Nottingham, Broderick Dickerson, Megan Leonard, Joungbo Ko, Mark Faries, Wesley Kephart, Martin Purpura, Ralf Jäger, Shawn D. Wells, Ryan Sowinski, Christopher J. Rasmussen, Richard B. Kreider#, "Dose-response of paraxanthine on cognitive function: A double blind, placebo controlled, crossover trial." *Nutrients* 2021 (Dec 15), 13(12), 4478.
 18. **Choongsung Yoo***, Dante Xing, Drew Gonzalez, Victoria Jenkins, Kay Nottingham, Broderick Dickerson, Megan Leonard, Joungbo Ko, Mark Faries, Wesley Kephart, Martin Purpura, Ralf Jäger, Shaw D Wells, Ryan Sowinski, Christopher J Rasmussen, Richard B. Kreider#, "Acute paraxanthine ingestion improves cognition and short-term memory and helps sustain attention in a double-blind, placebo-controlled, crossover trial." *Nutrients* 2021 (Nov 9), 13(11), 3980.
 19. Ryan Sowinski*, Drew Gonzalez, Dante Xing, **Choongsung Yoo**, Victoria Jenkins, Kay Nottingham, Broderick Dickerson, Megan Humphries, Megan Leonard, Joungbo Ko, Mark Faries, Wesley Kephart, Christopher J. Rasmussen, Richard B. Kreider#,

“Effects of arginine silicate and inositol ingestion on cognitive and executive function in gamers.” *Nutrients* 2021(Oct 24), 13(11), 3758.

20. Sunghwan Kyun*, **Choongsung Yoo**, Hun-Young Park, Jisu Kim, Kiwon Lim#, “The Effects of Exogenous Lactate Administration on the IGF1/Akt/mTOR Pathway in Rat Skeletal Muscle.” *International Journal of Environmental Research and Public Health* 2020(Oct 25), 17(21).
21. Sunghwan Kyun*, **Choongsung Yoo**, Takeshi Hashimoto, Hironori Tomi, Noboru Teramoto, Jisu Kim, Kiwon Lim#, “Effects of exogenous lactate administration on fat metabolism and glycogen synthesis factors in rats.” *Physical Activity and Nutrition* 2020 (Jun 30), 24(2), 1-5.
22. Nahun Kim*, Jisu Kim, **Choongsung Yoo**, Kiwon Lim, Takayuki Akimoto, Jonghoon Park#, “Effect of acute mid-intensity treadmill exercise on the androgen hormone level and uncoupling protein-1 expression in brown fat tissue of mouse.” *Journal of Exercise Nutrition & Biochemistry* 2018(Mar 30), 22(1), 15-21.
23. Jiwoong Jang*, Hun-Young Park, **Choongsung Yoo**, Yeram Park, Jisu Kim, Kiwon Lim#, “The synergistic effect of protein complex supplementation combined with 12 weeks of resistance training on isokinetic muscular function in untrained young males.” *Journal of Exercise Nutrition & Biochemistry* 2017 (Dec 31), 21(4), 27-36.

BOOK CHAPTERS

1. Yoo, C., & Kreider, R. “Lactase.” In *Health Professional’s Guide to Dietary Supplements*. Academy of Nutrition and Dietetics. Cleveland, OH. e-book October 2023, pp. 342 – 346, 2024.

ABSTRACTS & CONFERENCE PROCEEDINGS

1. Yoo, C., Chae, S.A., Du, M., Son, J.S. (2025). Maternal exercise protects offspring mice from nonalcoholic fatty liver disease by promoting AMPK-mediated autophagy. *American Physiology Summit*
2. Shin, C., Chae, S.A., Yoo, C., Du, M., Son, J.S. (2025). Embryonic muscle-bone crosstalk through exercise-induced apelin-ATF4 axis prevents delayed fetal osteogenesis due to maternal POLG mutagenesis. *American Physiology Summit*
3. Yoo, C., Ko, J., Xing, D., Gonzalez, D. E., Jenkins, V., Dickerson, B., Leonard, M., Nottingham, K., Kendra, J., Sowinski, R., Rasmussen, C. J., & Kreider, R. B. (2023). Pharmacokinetic analyses of food and non-food-derived multivitamin/mineral formulations II: Detailed pharmacokinetic analysis. *International Society of Sports Nutrition: 20th Annual Conference*
4. Ko, J., Yoo, C., Xing, D., Gonzalez, D. E., Jenkins, V., Dickerson, B., Leonard, M., Nottingham, K., Kendra, J., Sowinski, R., Rasmussen, C. J., & Kreider, R. B. (2023). Pharmacokinetic analyses of food and non-food-derived multivitamin/mineral formulations I: Serum changes. *International Society of Sports Nutrition: 20th Annual Conference*.
5. Sowinski, R., Leonard, M., Dickerson, B., Gonzalez, D. E., Kendra, J., Martinez, V., Nottingham, K., Yoo, C., Xing, D., Ko, J., Johnson, S., Estes, L., Maury, J., Pradelles, R., Faries, M., Kephart, W., Rasmussen, C. J., & Kreider, R. B. (2023). Effects of dietary supplementation of a microalgae extract containing fucoxanthin

- combined with Guarana on cognitive function and gaming performance I: Game Performance. International Society of Sports Nutrition: 20th Annual Conference
6. Martinez, V., Sowinski, R., Leonard, M., Dickerson, B., Gonzalez, D. E., Kendra, J., Nottingham, K., Yoo, C., Xing, D., Ko, J., Johnson, S., Estes, L., Maury, J., Pradelles, R., Faries, M., Kephart, W., Rasmussen, C. J., & Kreider, R. B. (2023). Effects of dietary supplementation of a microalgae extract containing fucoxanthin combined with Guarana on cognitive function and gaming performance II: Profile of Mood States. International Society of Sports Nutrition: 20th Annual Conference.
 7. Dickerson, B., Sowinski, R., Leonard, M., Gonzalez, D. E., Kendra, J., Martinez, V., Nottingham, K., Yoo, C., Xing, D., Ko, J., Johnson, S., Estes, L., Maury, J., Pradelles, R., Faries, M., Kephart, W., Rasmussen, C. J., & Kreider, R. B. (2023). Effects of dietary supplementation of a microalgae extract containing fucoxanthin combined with Guarana on cognitive function and gaming performance III: Light Reaction Test. International Society of Sports Nutrition: 20th Annual Conference
 8. Estes, L., Leonard, M., Dickerson, B., Gonzalez, D. E., Johnson, S., Xing, D., Jenkins, V., Ko, J., Yoo, C., Purpura, M., Jager, R., Sowinski, R., Rasmussen, C. J., & Kreider, R. B. (2023). Effects of liposomal ashwagandha supplementation on markers of mood. International Society of Sports Nutrition: 20th Annual Conference
 9. Leonard, M., Dickerson, B., Gonzalez, D. E., Johnson, S., Estes, L., Xing, D., Jenkins, V., Ko, J., Yoo, C., Purpura, M., Jager, R., Sowinski, R., Rasmussen, C. J., & Kreider, R. B. (2023). Effects of liposomal ashwagandha supplementation on markers of health and cognitive function in healthy adults: COMPASS cognitive function assessment I. International Society of Sports Nutrition: 20th Annual Conference
 10. Johnson, S., Leonard, M., Dickerson, B., Gonzalez, D. E., Estes, L., Xing, D., Jenkins, V., Ko, J., Yoo, C., Purpura, M., Jager, R., Sowinski, R., Rasmussen, C. J., & Kreider, R. B. (2023). Effects of liposomal ashwagandha supplementation on markers of health and cognitive function in healthy adults: COMPASS cognitive function assessment II. International Society of Sports Nutrition: 20th Annual Conference
 11. Xing, D., Leonard, M., Estes, L., Dickerson, B., Gonzalez, D. E., Johnson, S., Jenkins, V., Ko, J., Yoo, C., Purpura, M., Jager, R., Sowinski, R., Rasmussen, C. J., & Kreider, R. B. (2023). Effects of Liposomal ashwagandha supplementation on markers of health and safety in healthy adults. International Society of Sports Nutrition: 20th Annual Conference.
 12. Gonzalez, D. E., Dillard, C. C., Leonard, M., Dickerson, L. B., Yoo, C., Ko, J., Sowinski, R., Rasmussen C. J., McAllister, J. M., & Kreider, R. B. (2023). Effects of Astaxanthin on Cardiorespiratory Fitness and Cardiometabolic Health Parameters Among Career Firefighters. National Strength and Conditioning Association: 2023 National Conference
 13. Gonzalez, D. E., Dillard, C. C., Leonard, M., Dickerson, L. B., Yoo, C., Ko, J., Xing, D., Jenkins, T., Johnson, E. S., Estes, L., Sowinski, R., Rasmussen C. J., Martin, E. S., McAllister, J. M., & Kreider, R. B. (2023). Effects of astaxanthin on inflammatory and oxidative stress responses to fire suppression activities. International Society of Sports Nutrition: 20th Annual Conference

14. Jang, I., Park, Y., Kyun, S., Hwang, D., Yoo, C., Park, H., Kim, J., Lim, K. (2023). Intermittent hypoxic exposure and exercise training positively affect body composition and energy substrate utilization in high-fat diet-induced obese mice. American Physiology Summit 2023 Meeting.
15. Gonzalez, D. E., Leonard, M., Dickerson, B., Jenkins, T., Kendra, J., Yoo, C., Xing, D., Ko, J., Sowinski, R., Rasmussen C. J., & Kreider, R. B. (2023). Effects of acute Montmorency tart cherry supplementation on food-induced increases in uric acid and inflammatory markers: A proof of concept study. American Society for Nutrition; Nutrition 2023 Conference
16. Kendra, J., Leonard, M., Maury, J., Gonzalez, D., Dickerson, B., Jenkins, T., Nottingham, K., Yoo, C., Xing, D., Ko, J., Pradelles, R., Sowinski, R., Rasmussen C. J., & Kreider, R. B. (2022). Efficacy of a microalgae extract combined with natural Guarana on cognitive performance of gamers IV: Psychomotor vigilance. International Society of Sports Nutrition: 19th Annual Conference
17. Dickerson, B., Leonard, M., Maury, J., Gonzalez, D., Kendra, J., Jenkins, T., Nottingham, K., Yoo, C., Xing, D., Ko, J., Pradelles, R., Sowinski, R., Rasmussen C. J., & Kreider, R. B. (2022). Efficacy of a microalgae extract combined with natural Guarana on cognitive performance of gamers III: Go/No-Go test. International Society of Sports Nutrition: 19th Annual Conference.
18. Maury, J., Leonard, M., Dickerson, B., Gonzalez, D., Kendra, J., Jenkins, T., Nottingham, K., Yoo, C., Xing, D., Ko, J., Pradelles, R., Sowinski, R., Rasmussen C. J., & Kreider, R. B. (2022). Efficacy of a microalgae extract combined with natural Guarana on cognitive performance of gamers II: Sternberg task test. International Society of Sports Nutrition: 19th Annual Conference.
19. Leonard, M., Maury, J., Dickerson, B., Gonzalez, D., Kendra, J., Jenkins, T., Nottingham, K., Yoo, C., Xing, D., Ko, J., Pradelles, R., Sowinski, R., Rasmussen C. J., & Kreider, R. B. (2022). Efficacy of a microalgae extract combined with natural Guarana on cognitive performance of gamers I: Card sorting task test. International Society of Sports Nutrition: 19th Annual Conference.
20. Gonzalez, D., Nottingham, K., Leonard, M., Dickerson, B., Jenkins, T., Kendra, J., Yoo, C., Xing, D., Ko, J., Sowinski, R., Rasmussen C. J., & Kreider, R. B. (2022). Effects of acute and short-term Montmorency tart cherry supplementation on food-induced increases in uric acid and markers of cardiometabolic health: A proof of concept study. International Society of Sports Nutrition: 19th Annual Conference
21. Gonzalez, D., Sowinski, R., Xing, D., Yoo, C., Jenkins, T., Nottingham, K., Dickerson, B., Leonard, M., Ko, J., Humphries, M., Faries, M., Kephart, W., Rasmussen C. J., & Kreider, R. B. (2021). Effects of Arginine Silicate and Inositol Ingestion on Cognitive and Executive Function in Gamers. International Society of Sports Nutrition: 18th Annual Conference
22. Xing, D., Yoo, C., Gonzalez, D., Jenkins, T., Nottingham, K., Dickerson, B., Leonard, M., Ko, J., Humphries, M., Faries, M., Kephart, W., Purpura, M., Jager, R., Wells, S. D., Sowinski, R., Rasmussen C. J., & Kreider, R. B. (2021). Paraxanthine provides greater improvement in cognitive function and psychomotor vigilance prior to and following running than caffeine. International Society of Sports Nutrition: 18th Annual Conference.

23. Leonard, M., Gonzalez, D., Xing, D., Yoo, C., Jenkins, T., Nottingham, K., Dickerson, B., Ko, J., Faries, M., Kephart, W., Purpura, M., Jager, R., Sowinski, R., Rasmussen C. J., & Kreider, R. B. (2021). Acute paraxanthine ingestion improves cognition, short-term memory and helps to sustain attention. International Society of Sports Nutrition: 18th Annual Conference.
24. Dickerson, B., Xing, D., Yoo, C., Jenkins, T., Nottingham, K., Gonzalez, D., Leonard, M., Ko, J., Faries, M., Kephart, W., Purpura, M., Jager, R., Wells, S. D., Sowinski, R., Rasmussen C. J., & Kreider, R. B. (2021). Dose-ranging study of paraxanthine ingestion on cognition, executive function, and psychomotor vigilance. International Society of Sports Nutrition: 18th Annual Conference.
25. Yoo, C., Kim, J., Kyun, S., Kreider, R. B., Lim, K. (2020). Exogenous lactate increases fat oxidation in resting rats. Experimental Biology 2020 Meeting
26. Kyun, S., Yoo, C., Jang, I., Kim, J., Lim, K. (2020). Exogenous lactate intake can induce muscle synthesis in rats. Experimental Biology 2020 Meeting.
27. Yoo, C., Kim, J., Kim, H., Hwang, Y., Kim, E., Park, Y., Lim, K. (2017). Lactate co-ingested with caffeine stimulates fat oxidation in resting mice. Experimental Biology 2017 Meeting.
28. Yoo, C., Kim, J., Hashimoto, T., Tomi, H., Kawasaki, M., Lim, K. (2016). Effect of lactate and caffeine mixture treatment on energy metabolism gene expression in rats skeletal muscle. 2016 KFN International Symposium and 67th Annual Meeting of Korean Society of Food Science and Nutrition (Korea).
*Outstanding Poster Reward” awarded by the President of KFN.
29. Kim, J., Yoo, C., Park, J., Hashimoto, T., Tomi, H., Kawasaki, M., Lim, K. (2016). Lactate and caffeine treatment can increase fat oxidation on resting metabolic rate in rats. 2016 KFN International Symposium and 67th Annual Meeting of Korean Society of Food Science and Nutrition (Korea).

MAJOR INVITED SPEECHES

1. Choongsung Yoo. Effect of Paraxanthine on Cognitive Function. Seminar lecture, Department of Physical Education, Konkuk University, South Korea. October 2022.
2. Choongsung Yoo. Co-Ingestion of lactate with caffeine increases fat oxidation and liver glycogen level in resting rats. International Conference on Sports Science, Ritsumeikan University, Japan. February 2018.
3. Choongsung Yoo. L-lactate administration stimulates fat oxidation and glycogen storage in resting rats. 2017 International Sport Science Congress in Commemoration of the 1988 Seoul Olympic Games (Korea), Dankuk University, South Korea. June 2017.
4. Choongsung Yoo. Effect of caffeine and lactate mixed compound on fat oxidation. International Conference on Sports Science, Konkuk University, South Korea. March 2017.

PROFESSIONAL SERVICE & OTHER EXPERIENCE

- 2024 –Present** Editorial Board Member (Journal of International Society of Sports Nutrition)
- 2022 –Present** Ambassador (RTP tennis company)

2018.07- 2018.11	Physical Education instructor, Global Bridge Project (National Research Foundation of Korea)— led physical education curriculum and instruction for multicultural students
2017.11- 2018.12	Physical Education instructor, Global Bridge Project (National Research Foundation of Korea)— led physical education curriculum and instruction for multicultural students
2016.06 2014.12	Team Guide in Tour de Korea (Korea Sports Promotion Foundation) Personal Interpreter for Head Coach of the University of Missouri Wheelchair Basketball Team, Ron Lykinsfor, at Wheelchair Basketball Clinic (Korea Wheelchair Basketball Federation)
2014.10	Execute Protocol of VIP Interpretation for In-Deok Kang (Technical Delegate of Wheelchair Basketball) at the 2014 Incheon Asian Paralympic Games * Chairperson's commendation rewarded (Organizing Committee of 2014 Incheon Asian Paralympic Games)
2014.07	Team Interpreter in the 2014 Incheon World Wheelchair Basketball Championship (Ministry of Culture, Sports and Tourism, South Korea)