



Dr. Pattawan Lapo

Department of Exercise and
Sports Science, School of Science,
University of Phayao
19 Moo 2, Mae Ka District,
Mueang, Phayao,
Thailand 56000

Tel: 66-54-466666 # 1785, 3895

Fax: 66-54-466664

email: pattawan.la@up.ac.th

Specializations

Exercise and Sports Physiology,
Health Promotion Science

Academic Qualification

Doctor of Philosophy (2015 – 2018)

Ph.D. (Sports Science), Chulalongkorn University, Bangkok, Thailand
Thesis: *Effects of wearing brass neck coils on cardiovascular function and cerebral blood flow in Kayan Karen women in Thailand*
Supervisor: Associate Professor Dr. Daroonwan Suksom
Co-advisor: Professor Dr. Hirofumi Tanaka, and Doctor Nakarin Inmutto

Master of Science (2005 – 2006)

M.Sc. (Sports Science), Chulalongkorn University, Bangkok, Thailand
Thesis: *Development of flexible stick exercise model for the elderly*
Supervisor: Assistant Professor Dr. Daroonwan Suksom
Co-advisor: Associate Professor Dr. Suthiluk Patumraj

Bachelor of Science (1999 – 2002)

B.Sc. (Sports Science), Chulalongkorn University, Bangkok, Thailand

Scholarships and awards

- 2018 Ph.D. research supported by Faculty of Sports Science's Scholarship for Research 2018
- 2017 Ph.D. research supported by The 90th Anniversary of Chulalongkorn University Fund (Ratchadaphiseksomphot Endowment Fund)
- 2016 Scholarships for teaching assistants by Graduate School of Chulalongkorn University.
- 2007 Sub-Committee of the 24th SEA Games Competition Report, Nakhon Ratchasima, Thailand
- 2006 M.S. research supported by Graduate School of Chulalongkorn University, and Office of Health Promotion Fund

Scholarships and awards

2019 – Present	Assistant Dean for Student Quality
2008 – Present	Lecturer (Exercise and Sports Science); Department of Exercise and Sports Science, School of Science, University of Phayao, Thailand
2005	Award winning Fitness Innovation of Thailand, organized by Blackmore Co., Ltd. together with the Ministry of Tourism and Sports Fund

Conferences

1. Poster presentation, "Cardiorespiratory and Cerebrovascular Function of Long-neck Karen Women in Thailand" at The 2019 Annual Meeting, The American College of Sports Medicine at Orlando, Florida, USA. on May 28 – June 1, 2019. (Ph.D.)
2. Poster presentation, "Health Behaviors of Kayan Karen women in Thailand" at The 8th International Conference on Sports and Exercise Science at Ambassador Hotel, Bangkok, Thailand. on June 20 – 22, 2018. (Ph.D)
3. Poster presentation, "Quality of working life of Phayao University staff" at Happy Workplace Forum 2nd Northern region , Phatphibun Songkram, Rajabhat University, 2015.
4. Poster presentation, "Exercise Training with Flexible Stick Improve Microcirculatory Function in Older Women" at The Universiade Bangkok 2007 FISU Conference. 9-12 August, 2007. (M.S.)

Publications

1. Daroonwan Suksom, Apanchanit Siripatt, Pattawan Lapo, and Suthiluk Patumraj. Training effects of two modes of exercise training on physical fitness and endothelial function in the elderly: Exercise with a Flexible stick versus Tai chi. *J Med Assoc Thai.* 94(1):123-132, 2011. (SCOPUS, SJR Q2)