**Biographical Sketch**

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**󠇛 Introduction**

*Dr. Cho is an Associate Professor in the department of physical education at Keimyung University, Korea. His current research is focused on the exercise-induced oxidative stress and the effect of antioxidants. He teaches exercise physiology at the undergraduate and graduate levels. He also teaches motor development, health education, and theoretical background of personal training at the undergraduate level.*

**󠇛 Academic degrees**

*\*B.A. Keimyung University, College of Physical Education, Korea*

*\*Ph.D. Keimyung University, <The effect of vitamin E & C supplementation on the antioxidative capacity, blood lipids, and exercise performance of athletes>, Korea*

**󠇛 Honors**

*\*Human Policy Article Award: Academic Excellence (2020), International Journal of Protection, Security & Investigation.*

**󠇛 Academic Activities**

*\*2018 - present Committee Member, International Society for Information Technology and Application*

*\*2016 - present Director, Korea Sport Society*

**󠇛 Books**

*\*Cho, C. Core Concepts for Practical Personal Training. Jungam Media (2020).*

*\*Cho, C. Understanding Health Education. Jungam Media (2019).*

*\*Cho, C. Motor Development. Choongwae Electronic Publisher (2015).*

*\*Cho, C.& Choi, W. & Hong, C, & Choi, H. Introduction to Physical Education.* *BigBook (2014).*

*\*Kim, K. & Bae, Y. & Lee, W. & Lee, S. & Chun, W. & Cho, C.& Ahn, N. & Hong, C. The Basic of Natural Science in Sport. Keimyung University Press (2013).*

*\* Cho, C. Muscular Aspects of Exercise Physiology . Seoul Design (2013).*

*\*Cho, C. & Park, S. & Chun, W. Physiological and Psychological Effects of Exercise on Healthy Aging. Seoul Design (2012).*

*\*Park, S. & Chun, W. & Cho, C. Basic Experimental Method for Sport Science. Choongwae Electronic Publisher (2012).*

*\* Chun, W. & Park, S. & Cho, C.* *The Latest Research Trends in Sports Medicine. Seoul Design (2012).*

*\*Kim, K. & Lee, W. & Lee, S. & Chun, W. & Cho, C.& Ahn, N. & Lee, T. & Hong, C* *Scientific Understanding of Sports and Health. Keimyung University Press (2010).*

**󠇛 Journal articles**

*\*Cho, C. The Second to Fourth Finger Length Ratio(2D:4D) and Its Relationship with Body Composition Parameters in Korean Young Adults, 6(2), 35-45 (2021).*

*\*Cho, C. A Study on Phytosterols or Phytostanols Consumption and The Protection from Cardiovascular Disease. International Journal of Protection, Security & Investigation, 5(1), 22-31 (2020).*

*\*Cho, C. Relationships between the Digit Ratio(2D:4D) and Exercise-related Physical Fitness Components in Males and Females, Kinesiology, 5(1), 1-10 (2020).*

*\*Cho, C. An Analysis of The Effect of Vitamin B6, B9, B12 Supplementation on Muscle Soreness and Recovery of Muscular Function after Muscle Damage by Acute Eccentric Exercise, Journal of Rehabilitation Welfare Engineering & Assistive Technology, 14(2), 150-159 (2020).*

*\*Cho, C. Comparison of Validity and Accuracy of Circumference, SKF, and BIA Method in Predicting% Body Fat, Kinesiology, 4(2), 14-21 (2019).*

*\*Hong, C. & Cho, C. The Relationship between Abdominal Adipose Tissue Depots and Obesity-related Health Risk Factors in Korean Adults, Journal of Advanced Research In Dynamical and Control Systems, 9(12), 110-118 (2017).*

*\*Cho, C. The Analysis of Relationship between Abdominal Adipose Tissue Distribution and Health Risk Factors in Adolescent Obese Man. Journal of Rehabilitation Welfare Engineering & Assistive Technology, 11(3), 239-245 (2017).*

*\*Cho, C. The Effects of Combined Antioxidant Vitamin Treatment on Oxidative Stress and Cellular Membrane Stability after Exhaustive Aerobic Exercise. Korea Sport Society, 15(2), 847-856 (2017).*

*\*Park, J. & Choi, S. & Park, S. & Lee, Y. & Park, J. & Song, P. & Cho, C. & Ku, S. & Song, C. Promoting Wound Healing Using Low Molecular Weight Fucoidan in A Full-Thickness Dermal Excision Rat Model. Marine Drugs, 15(4), 112 (2017).*

*\*Cho, C. The Analysis Methods of TBARS & MDA as Exercise-Induced Oxidative Stress Marker. The Korean Society of Sports Science, 24(4), 1425-1436 (2015).*

*\*Cho, C. Relationships of Motives for Sport Participation, Values for The Sports, and Life Satisfaction in Adolescence. The Korean Society of Sports Science, 20(3), 339-350 (2011).*

*\*Cho, C. & Choi, H. & Park, J. The Effect of Offensive Factors on The Result of Korean College Baseball Game. Journal of Coaching Development, 13(2), 97-102 (2011).*

*\*Kim, H. & Yu, H. & Cho, C. & Park, K. The Effect of Manual Therapy and Sling Traction Therapy on Cervical Extension Strength and Pain Reduction of Patients with Cervical and Upper Limbs Pain. The Korean Journal of Physical Education, 50(2), 355-363 (2011).*

*\*Goldfarb, AH. & Garten, RS. & Cho, C. & Chee, PD. & Chambers, LA. Effects of a Fruit/Berry/Vegetable Supplement on Muscle Function and Oxidative Stress. Medicine & Science in Sports & Exercise, 43(3), 501-508 (2011).*

*\*Cho, C. & Lee, S. & Park, K, & Kim, S. & Youn, S.* *Judo and Weight Loss over A Short Time Afterwards The Electrolyte, Enzyme Activity. The Korean Journal of Growth and Development, 19(1), 57-62 (2011).*

*\*Sung, D. & Jung, Y. & Lee, W. & Cho, C. & Kim, J. Relationships of Motives for Sport Participation, Values for The Sports, and Life Satisfaction in Adolescence. The Korean Society of Sports Science, 20(1), 961-977 (2011).*

*\*Kim, C. & Kwon, H. & Lee, W. & Cho, C. & Kim, J. & Ju, S. & Lee, M. The Effects of Applying Feldenkrais Method, Elastic Band Training and Combined Training on Trunk Muscle Strength of Modern Dance Majors. The Korean Society of Sports Science, 20(1), 729-749 (2011).*

**󠇛 Conference proceedings**

*\*Song, P. & Cho, C. The Effects of Test-retest, Technician’s Skill, and Different Measurement Methods on % Body Fat Prediction. International Symposium on Innovation in Information Technology and Applications (2020).*

*\*Lee, B. & Cho, C. & Choi, H. Endorsement Effectiveness: Golf Industry. International Symposium on Innovation in Information Technology and Applications (2020).*

*\*Cho, C. Muscle Soreness Responses to Eccentric Exercise: Effect of Vitamin B6, B9, B12 Supplementation. International Symposium on Innovation in Information Technology and Applications (2020).*

*\*Kwon, J. & Cho, C. The Effect of 9 Weeks Vitamin E and C Supplementation on Serum SOD Activity at Rest. International Symposium on Innovation in Information Technology and Applications (2018).*

*\*Kwon, J. & Cho, C. Serum SOD Responses to Exhaustive Exercise. International Symposium on Innovation in Information Technology and Applications (2018).*

*\*Kim, Y. & Song, M. & Cho, C. A Study on The Relationship between Abdominal Fat Distribution, Subcutaneous Fat Thickness, and Exercise Deficiency Disease in Adolescent Obese Men for Vitalization of Health Industry. Spring Conference Korea Society Industrial Information System (2017).*

*\*Kim, K. & Ahn, N. & Hong, C. & Cho, C. & Kim, S. & Ko, J. & Kim, J. & Byen, J. & Jung, S. & Cho, J. & Ju, Y. & Jang, B. & Youn, M. & Hong, D. & Park, K. & Kim, H. & Park, J. ACE and ACTN-3 Gene Polymorphism of Korean Athletes. 48th Conference of Korean Alliance for Health, Physical Education, Recreation, and Dance (2010).*