

# International Conference Program & Schedule



**IOHSK**  
International  
Organization  
Health  
Sports  
Kinesiology  
[www.iohsk.org](http://www.iohsk.org)

**“The Opportunities of Crisis in Health, Sports, & Kinesiology”**  
**May 7 – 8, 2021 | 5:00 – 8:00 pm | U.S. Pacific Time**

# World Clock

Local Time Around the World



Event Time in  
Los Angeles, CA, USA

**5:00** pm PDT

Friday, May 7, 2021

END 8:00 pm



Converted Time  
Denver, CO, USA

**6:00** pm MDT

Friday, May 7, 2021

END 9:00 pm



Converted Time  
Chicago, IL, USA

**7:00** pm CDT

Friday, May 7, 2021

END 10:00 pm



Converted Time  
New York, NY, USA

**8:00** pm EDT

Friday, May 7, 2021

END 11:00 pm

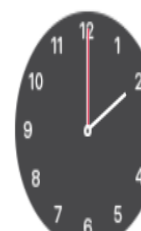


Converted Time  
Barcelona, B, Spain

**2:00** am CEST

Saturday, May 8, 2021

END 5:00 am



Converted Time  
Kampala, Uganda

**3:00** am EAT

Saturday, May 8, 2021

END 6:00 am



Converted Time  
Kyiv, Ukraine

**3:00** am EEST

Saturday, May 8, 2021

END 6:00 am



Converted Time  
Islamabad, Pakistan

**5:00** am PKT

Saturday, May 8, 2021

END 8:00 am



Converted Time  
New Delhi, India

**5:30** am IST

Saturday, May 8, 2021

END 8:30 am



Converted Time  
Dhaka, Bangladesh

**6:00** am BST

Saturday, May 8, 2021

END 9:00 am



Converted Time  
Bangkok, Thailand

**7:00** am ICT

Saturday, May 8, 2021

END 10:00 am



Converted Time  
Manila, Philippines

**8:00** am PHST

Saturday, May 8, 2021

END 11:00 am



Converted Time  
Seoul, South Korea

**9:00** am KST

Saturday, May 8, 2021

END 12:00 noon



# CONFERENCE PROGRAM & SCHEDULE

## Time Conference Room A

3:40 – 4:20	Business Meeting for the Board of Directors, Executive Advisors, and International Ambassadors
4:20 – 4:50	Conference Technology Check-up
4:50 – 5:00	Members Check-in, Video and Microphone, Screen Name & Background Check
5:00 – 5:30	<b>Opening Ceremony</b> <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a> Welcome Remarks by IOHKS President & Regional Presidents. Introduction: The Board of Directors (BOD), Executive Advisory Committee & International Ambassadors, International Leadership Development Committee, Conference Organizing Committee, Evaluation, Promotion, Management Committee, & Introduction of IOHKS & JOHKS
5:35 – 5:50	<b>Effects of Aided Awareness Strategy and Social Media on Journal Impacts Using an Alternative Multiple-Baseline Design.</b> Hosung So* (California State University, San Bernardino, USA), Natasha Lazo (University of Santo Tomas, Philippines), K.M. Tha-Ha Owasif Aurnob (University of Chittagong, Bangladesh), Chindhiyaa R.S. (National College, Tiruchirappalli, India), Taemin Ha (University of Northern Colorado, USA), Hyeonho Yu (Arizona State University, USA), Jongho Moon (University of South Carolina, USA), Boram Lim (University of Nevada, Las Vegas, USA), & Young Sub Kwon (Humboldt State University, USA)
5:50 – 6:00	<b>Coffee &amp; Tea Break</b>

## Conference Room A

## Conference Room B

6:00 – 6:15	<b>Metabolic Syndrome (MetS): Aerobic and Resistance Training Benefits on Physical and Metabolic Health in Adults Versus Youth.</b> Kyle R. Leister, Burak T. Cilhoraz, Jared Rosenberg, & Joon Young Kim* (Syracuse University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Meta Analytic Review on the Effect of Sport for Development Programs on Prosocial Behavior Among Children and Adolescents.</b> Meungguk Park* (Southern Illinois University, USA), Morgan Chitiyo (University of North Carolina, Greensboro, USA), & Taeho Yoh (Southern Illinois University, USA) <a href="https://asu.zoom.us/j/6953222133">https://asu.zoom.us/j/6953222133</a>
6:15 – 6:30	<b>A Preliminary Study for the Development of Free Weight Back Squat Muscular Fitness Normative Data for Adults Aged 19-29 Years.</b> Eden Marquez* & Young Sub Kwon (Humboldt State University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Changes in the Ukrainian Expeditioners' Psychological States During Long Antarctic Stay.</b> Oleg Kokun (G.S. Kostyuk Institute of Psychology, National Academy of Educational Sciences of Ukraine) & Larysa Bakhmutova* (National Antarctic Scientific Center of the Ministry of Education and Science of Ukraine) <a href="https://asu.zoom.us/j/6953222133">https://asu.zoom.us/j/6953222133</a>
6:30 – 6:45	<b>The Impact of Covid-19 on the Nutritional Habits of Georgia College Students.</b> Nicole Andrews, Mckinleigh Stripling, Shayla Burnett, Makala Scott, & Jinkyung Park* (Georgia College & State University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Professional Sports Role Model Scale Development.</b> Doyeop Kim* (Troy University, USA) & Stephen H. Shin (Belmont University, USA) <a href="https://asu.zoom.us/j/6953222133">https://asu.zoom.us/j/6953222133</a>
6:45 – 7:00	<b>The Effects of a High Protein Diet Combined with Resistance Training on Body Composition: A Case Study.</b> Alexis Martin, Audry Lopez, Carson Lewis, & Soon-Mi Choi* (Midwestern State University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Assessment of Students' Participation in Sports on School Connectedness in Bulihan National High School: Basis for Sports Development Program.</b> Catherine S. Oliquino* (Bulihan Integrated National High School, Silang Cavite, Philippines) <a href="https://asu.zoom.us/j/6953222133">https://asu.zoom.us/j/6953222133</a>
7:00 – 7:15	<b>Effectiveness of Instrument Assisted Soft Tissue Mobilization: A Systematic Review and Meta-Analysis.</b> Seungmin Shin* (King Fahd University of Petroleum & Minerals, Saudi Arabia) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Quick Response (QR) Codes Utilization in the Kinesiology/PE Classroom.</b> Boun Jin Kang* (Elizabeth City State University, USA) <a href="https://asu.zoom.us/j/6953222133">https://asu.zoom.us/j/6953222133</a>
7:15 – 7:30	<b>College Students Exercise Habits Before and During the Covid-19 Pandemic.</b> Samantha Birger, Emily Pena, Anna Flint, Alivia George, Daniel Kasper, & Jinkyung Park* (Georgia College & State University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Exploring Mental, Physical and Educational Factors that Influence Freshman-Year College Students' Health—An Investigation on Gender Difference.</b> Pierre Lu* (University of Texas - Rio Grande Valley, USA), Sukho Lee (Texas A&M University, San Antonio, USA), Robert J. Kowalsky (Texas A&M University, Kingsville, USA), & Soojin Yoo (University of Texas - Rio Grande Valley, USA). <a href="https://asu.zoom.us/j/6953222133">https://asu.zoom.us/j/6953222133</a>
7:30 – 8:00	<b>Business Meeting</b> for Board of Directors, International Ambassadors, International Leadership Development, Conference Evaluation Committee, Conference Management Committee. <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	

\* Corresponding author

FRIDAY | MAY 7



# CONFERENCE PROGRAM & SCHEDULE

## Time Conference Room A

4:50 – 5:00	Members Check-in, Video and Microphone, Screen Name & Background Check
5:00 – 5:15	<b>Day 2 Opening Remarks</b> <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>
6:40 – 7:00	<b>Dr. Thomas McKenzie Research Grants, Student Research Grants and Scholarship Information Session</b> <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>
7:00 – 7:40	Closing and Award Ceremony <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>
8:00 – 9:00	Research and Social Gathering <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>

## Conference Room A

## Conference Room B

5:15 – 5:30	<b>Relationship Between Nonalcoholic Fatty Liver Disease and Low Skeletal Muscle Mass in Obese Youth.</b> David Silas, Jeremy Park, & Joon Young Kim* (Syracuse University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Impact of Sports Role Model Factors on Learners' Self-Concept Development.</b> Doyeop Kim* (Troy University, USA) & Stephen H. Shin (Belmont University, USA) <a href="https://msutexas-edu.zoom.us/j/abg1Bjczs4">https://msutexas-edu.zoom.us/j/abg1Bjczs4</a>
5:30 – 5:45	<b>Effects of 4 Weeks of High Protein Vegan Diet with Resistance Training on Body Composition and Muscle Hypertrophy: A Case Study.</b> Yogesh Barhate, Daria Panferova, & Soon-Mi Choi (Midwestern State University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Career Termination and Transition Experiences of Former Collegiate Student-Athletes in Japan.</b> Junya Adachi (Hopes Co., Ltd., Japan) & Hasan F. Mavi* (Eastern Illinois University, USA) <a href="https://msutexas-edu.zoom.us/j/abg1Bjczs4">https://msutexas-edu.zoom.us/j/abg1Bjczs4</a>
5:45 – 6:00	<b>Exercise Habits of a Person with Intellectual Disabilities During COVID-19: A Case Study.</b> Grady Howell, Elizabeth Romanowski, Casey Warren, Kendal Reeves, & Jinkyung Park* (Georgia College & State University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Association with the Adherence to The Mediterranean Diet and Cardiorespiratory Fitness Among University Participants: A Case Study.</b> Alan Campbell, Christyn Smith, Dea Vukatana, Sydney Ellis, & Soon-Mi Choi (Midwestern State University, USA) <a href="https://msutexas-edu.zoom.us/j/abg1Bjczs4">https://msutexas-edu.zoom.us/j/abg1Bjczs4</a>
6:00 – 6:15	<b>Cardarine (GW501516) Effects on Improving Metabolic Syndrome.</b> Jeremy Park & Joon Young Kim* (Syracuse University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Effects of Intermittent Fasting Diet on Cardio Fitness Levels in Female College Athletes.</b> Olivia Johnson, Kayde Thrums, Cassie Balzano, Kayla Johnson, & Jinkyung Park* (Georgia College & State University, USA) <a href="https://msutexas-edu.zoom.us/j/abg1Bjczs4">https://msutexas-edu.zoom.us/j/abg1Bjczs4</a>
6:15 – 6:30	<b>Effects of Intermittent Fasting Combined with High Protein Consumption and Resistance Training on Resting Metabolic Rate in College Students: A Case Study.</b> Ashton Guess, Francisco Alvarado, Alvericio Godet, Kanksha Bhatti, & Soon-Mi Choi* (Midwestern State University, USA) <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Impact of Online Gaming on Time Management and Academic Stressors of Selected College Students.</b> Carl Marion C. Carbon*, Richel Patrick D.S. Cariño, Maverick Ayner Chua, & Michael David T. Lopez (University of Santo Tomas, Philippines) <a href="https://msutexas-edu.zoom.us/j/abg1Bjczs4">https://msutexas-edu.zoom.us/j/abg1Bjczs4</a>
6:30 – 6:40	<b>Coffee &amp; Tea Break</b>	
6:40 – 7:00	<b>Dr. Thomas McKenzie Research Grants for Faculty Early Career Development Graduate Student Research Grants (Master's and Doctoral Students) International Student Scholarships for October 2021</b> <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	
7:00 – 7:40	<b>Closing &amp; Awards Ceremony</b> <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a> <ul style="list-style-type: none"> <li>• IOHKS Regional Presidents and Vice Presidents Inauguration Ceremony (Europe, Asia, and South America)</li> <li>• Research Presentation Awards (4)</li> <li>• Undergraduate Student Research Critique Presentation Awards (2)</li> <li>• Student Research Presentation Award (4)</li> <li>• Distinguished Professor Awards (3) &amp; Distinguished Service Awards (4)</li> <li>• International Student Scholarship Awards (14)</li> <li>• International Student Internship Achievement Awards &amp; Scholarships (3)</li> </ul>	
7:40 – 8:00	<b>Business Meeting</b> for Board of Directors, International Ambassadors, International Leadership Development Committee, Conference Evaluation Committee, & Conference Management Committee. <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	
8:00 – 9:00	<b>International Research Networking</b> Organized by Dr. Hosung So, Founder & CEO <a href="https://csusb.zoom.us/j/9095377234">https://csusb.zoom.us/j/9095377234</a>	<b>Social Gathering</b> Hosted by IOHKS Presidents, Vice Presidents, & BOD Members <a href="https://msutexas-edu.zoom.us/j/abg1Bjczs4">https://msutexas-edu.zoom.us/j/abg1Bjczs4</a>

\* Corresponding author

SATURDAY | MAY 8

# ABOUT AUTHORS & PRESENTATIONS

**May 7  
Friday**

5:35 – 5:50 Room A

## Effects of Aided Awareness Strategy and Social Media on Journal Impacts Using an Alternative Multiple-Baseline Design

**The purpose of this study** was to explore the effect of aided awareness (Kuhn, 2020) and a social media behavioral model (Dwivedi et al, 2020) on the journal impact of the Journal of Health, Sports, and Kinesiology (JOHSK). A total of nine articles published in the inaugural JOHSK, indexed in ResearchGate was used. An alternative multiple-baseline design across articles grouped in three as a baseline phase was implemented to examine the effects, measured by ResearchGate's index of (a) research interest, (b) the number of reads, and (c) recommendations. Data were analyzed using visual inspection analysis (Kazdin, 1982); the magnitude of the changes across phases (*mean and level*) and the rate of these changes (*trend and latency*). Results showed a functional relationship between the intervention and changes in index scores. The intervention significantly increased the ResearchGate index scores across three groups and across all nine articles, except the number of recommendations. This study attempted to collect awareness by publication metrics, measures of productivity, and impact. The full range of factors that might contribute to the current findings should be considered and integrated for establishing directions for the journal.



**Dr. Hosung So**  
California State University  
San Bernardino, USA



**Natasha Lazo**  
University of Santo Tomas  
Philippines



**Owasif Aurnob**  
University of Chittagong  
Bangladesh



**Chindhiyaa R.S.**  
National College, Tiruchirappalli,  
India



**Taemin Ha**  
University of Northern Colorado,  
USA



**Dr. Hyeonho Yu**  
Arizona State University  
USA



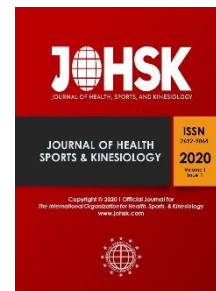
**Jongho Moon**  
University of South Carolina  
USA



**Boram Lim**  
University of Nevada, Las Vegas  
USA



**Dr. Young Sub Kwon**  
Humboldt State University  
USA



**JOHSK**  
Volume 1, Issue 1

**May 7  
Friday**

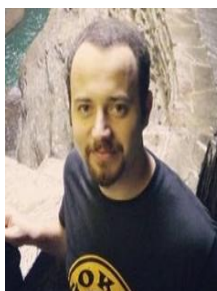
6:00 – 6:15 Room A

## Metabolic Syndrome (MetS): Aerobic and Resistance Training Benefits on Physical and Metabolic Health in Adults Versus Youth

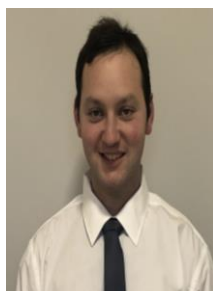
**Few reviews have examined** the interaction between aerobic and resistance exercise and MetS in youth or compared differential exercise benefits between adults vs. youth. Depending on exercise modality, physical and metabolic health benefits may differ between groups.



**Kyle Leister**  
Syracuse University, USA



**Burak Cilhoroz**  
Syracuse University, USA



**Jared Rosenberg**  
Syracuse University, USA



**Dr. Joon Young Kim**  
Syracuse University, USA

**May 7  
Friday**

**6:00 – 6:15 Room B**

## **Meta Analytic Review on the Effect of Sport for Development Programs on Prosocial Behavior Among Children and Adolescents**



**Dr. Meungguk Park**  
Southern Illinois University  
USA



**Dr. Morgan Chitiyo**  
University of North Carolina,  
Greensboro, USA



**Dr. Taeho Yoh**  
Southern Illinois University  
USA

**In this presentation**, we will discuss the effectiveness of sport for development programs in enhancing prosocial skills among children and adolescents by using a meta-analysis method. Specifically, we will explain the systematic review process, the overall effect size, and the subgroup analysis.

**May 7  
Friday**

**6:15 – 6:30 Room A**

## **A Preliminary Study for the Development of Free Weight Back Squat Muscular Fitness Normative Data for Adults Aged 19-29 Years**



**Eden Marquez**  
Humboldt State University  
USA



**Dr. Young Sub Kwon**  
Humboldt State University  
USA

**The free weight back squat** test is a convenient test to evaluate lower body muscular fitness and the effectiveness of a resistance training program. Its use, however, as an evaluative measure for lower body muscular fitness is limited due to few published articles to be used as reference.

**May 7  
Friday**

**6:15 – 6:30 Room B**

## **Changes in the Ukrainian Expeditioners' Psychological States During Long Antarctic Stay**



**Dr. Oleg Kokun**  
G.S. Kostyuk Institute of  
Psychology, National Academy  
of Educational Sciences of  
Ukraine



**Dr. Larysa Bakhmutova**  
National Antarctic Scientific  
Center of the Ministry of  
Education and Science of  
Ukraine

**Extreme conditions of Antarctica** and socio-spatial isolation of a small group of expeditioners significantly affect their physiological and psychological state. The purpose of the study was to investigate the changes in the expeditioners' psychological states indicators during a year-long Antarctic expedition. This study confirms that the long stay and work within an isolated group of people is a factor that affects the expeditioners' psychological health at the first place.

**May 7  
Friday**

**6:30 – 6:45 Room A**

## **The Impact of Covid-19 on the Nutritional Habits of Georgia College Students**



**Nicole Andrews**  
Georgia College &  
State University, USA



**Shayla Burnett**  
Georgia College &  
State University, USA



**Dr. Jinkyung Park**  
Georgia College &  
State University, USA

**Presenting how COVID-19 has affected** the nutritional habits of college students. This will allow the researchers to gain a better understanding of how the COVID-19 pandemic not only affected their dietary habits, but also overall health.

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Mckinleigh Stripling & Makala Scott



**May 7  
Friday**

**6:30 – 6:45 Room B**

## Professional Sports Role Model Scale Development



**Dr. Doyeop Kim**  
Troy University, USA



**Dr. Stephen H. Shin**  
Belmont University, USA

**This study** will present professional sport role model scale development with the theoretical background. The EFA and CFA procedures will be presented. The researcher will report the results, while suggesting how to use this newly developed scale.

**May 7  
Friday**

**6:45 – 7:00 Room A**

## The Effects of a High Protein Diet Combined with Resistance Training on Body Composition: A Case Study

**The purpose** of this research was to assess the effects of a high protein diet on body composition. In conjunction with resistance training, a high protein diet may result in a positive impact on the weight, BMI, and body circumferences.



**Alexis Martin**  
Midwestern State University, USA



**Audry Lopez**  
Midwestern State University, USA



**Carson Lewis**  
Midwestern State University, USA



**Dr. Soon-Mi Choi**  
Midwestern State University, USA

**May 7  
Friday**

**6:45 – 7:00 Room B**

## Assessment of Students' Participation in Sports on School Connectedness in Bulihan National High School: Basis for Sports Development Program



**Catherine S. Oliquino**  
Bulihan Integrated National High School, Silang Cavite  
Philippines

**School connectedness** is the psychological state of belonging in which individual students perceive that they and other students are well taken care of, trusted and appreciated by a group of adults. This study therefore determined the students' assessment on the participation on school connectedness

**May 7  
Friday**

**7:00 – 7:15 Room A**

## Assessment of Students' Participation in Sports on School Connectedness in Bulihan National High School: Basis for Sports Development Program



**Dr. Seungmin Shin**  
King Fahd University of  
Petroleum & Minerals  
Saudi Arabia

**This study performed an effect-size analysis** of instrument assisted soft tissue mobilization for increasing range of motion. Results found that instrument assisted soft tissue mobilization had a significant effect on increased range of motion

**May 7  
Friday**

**7:00 – 7:15 Room B**

## Quick Response (QR) Codes Utilization in the Kinesiology/PE Classroom



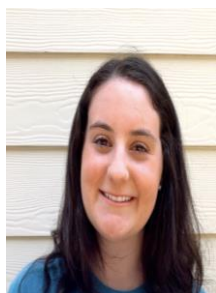
**Dr. Boung Jin Kang**  
Elizabeth City State University  
USA

**The purpose of this study** was to explore the perception and understanding of collegiate Kinesiology/Physical Education (PE) class students' analyses teaching methods and processes that incorporate Quick Response (QR) codes and mobile devices into the classroom by using qualitative research.

**May 7**  
**Friday**

7:15 – 7:30 Room A

## College Students Exercise Habits Before and During the Covid-19 Pandemic



**Samantha Birger**  
Georgia College &  
State University, USA



**Anna Flint**  
Georgia College &  
State University, USA



**Dr. Jinkyung Park**  
Georgia College &  
State University, USA

**P**resenting how COVID-19 has affected the exercise habits of a person diagnosed with intellectual disabilities. This case study can be used to implement into other people with intellectual disabilities lives to improve their exercise habits in an ongoing, worldwide pandemic.

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Emily Pena, Alivia George, & Daniel Kasper

**May 7**  
**Friday**

7:15 – 7:30 Room B

## Exploring Mental, Physical and Educational Factors that Influence Freshman-Year College Students' Health: An Investigation on Gender Difference



**Dr. Pierre Lu**  
University of Texas  
Rio Grande Valley, USA



**Dr. Robert J. Kowalsky**  
Texas A&M University  
Kingsville, USA



**Dr. Soojin Yoo**  
University of Texas  
Rio Grande Valley, USA

**T**o understand freshman-year undergraduate student health conditions, a group of researchers from TAMU-Kingsville, TAMUSA, and UTRGV collects and analyzes data on mental, physical, and educational factors for undergraduate students. Correlational research design was conducted.

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Dr. Sukho Lee (Texas A&M University, San Antonio)

**May 8**  
**Saturday**

5:15 – 5:30 Room A

## Relationship Between Nonalcoholic Fatty Liver Disease and Low Skeletal Muscle Mass in Obese Youth



**David Silas**  
Syracuse University, USA



**Jeremy Park**  
Syracuse University, USA



**Dr. Joon Young Kim**  
Syracuse University, USA

**M**y presentation will start with a background about NAFLD. I will then analyze the methods, results, and the implications of the paper that I reviewed. Lastly my presentation will go over the critiques that I have for the paper and suggest areas to consider further research.

\* Undergraduate Research Critique Presentation

**May 8**  
**Saturday**

5:15 – 5:30 Room B

## Impact of Sports Role Model Factors on Learners' Self-Concept Development



**Dr. Doyeop Kim**  
Troy University, USA



**Dr. Stephen H. Shin**  
Belmont University, USA

**P**resenting the impact of sport role model factors on learners' self-concept factors. The background of the study will be addressed. The method of the study and results of the multiple regression analysis will be reported. The researcher will suggest the implications.



**May 8**  
**Saturday**

5:30 – 5:45

Room A

## Effects of 4 Weeks of High Protein Vegan Diet with Resistance Training on Body Composition and Muscle Hypertrophy: A Case Study



**Yogesh Barhate**

Midwestern State University, USA



**Daria Panferova**

Midwestern State University, USA



**Dr. Soon-Mi Choi**

Midwestern State University, USA

**Investigated the impact of Covid-19** on college students' nutritional habits to understand if they are eating healthier, unhealthier, or the same compared to before the pandemic. The study revealed a significant difference in changes of fruit intake and vegetable intake amongst the participants. Students also ate healthier but reported snacking more during Covid-19.

**May 8**  
**Saturday**

5:30 – 5:45

Room B

## Termination and Transition Experiences of Former Collegiate Student-Athletes in Japan



**Junya Adachi**

Hopes Co., Ltd., Japan



**Dr. Hasan F. Mavi**

Eastern Illinois University, USA

**The primary objective** of this study was to explore the challenges and experiences that Japanese student-athletes encounter when they terminate their athletic career. More specifically, this study examined personal and sports characteristics, emotional responses, psychosocial support, coping strategies, and other variables (e.g., gender, athletic identity) that may have impacted the athlete's reactions to career termination.

**May 8**  
**Saturday**

5:45 – 6:00

Room A

## Exercise Habits of a Person with Intellectual Disabilities During COVID-19: A Case Study



**Elizabeth Romanowski**

Georgia College & State University, USA



**Kendal Reeves**

Georgia College & State University, USA



**Dr. Jinkyung Park**

Georgia College & State University, USA

**Presenting how COVID-19 has affected** the exercise habits of a person diagnosed with intellectual disabilities. This case study can be used to implement into other people with intellectual disabilities lives in order to improve their exercise habits in an ongoing, worldwide pandemic.

Photo Unavailable for:  
Grady Howell & Casey Warren

**May 8**  
**Friday**

5:45 – 6:00

Room B

## Association with the Adherence to The Mediterranean Diet and Cardiorespiratory Fitness Among University Participants: A Case Study

**The purpose of this research** was to evaluate the combined associations between the adherence to the MD with physical activity, and cardiorespiratory fitness. The MD with exercise expressed notable results in body composition and circumferences. The MD in association with cardiorespiratory fitness does not cause dramatic improvement in  $VO_{2max}$  values during a four-week period.



**Alan Campbell**

Midwestern State University, USA



**Christyn Smith**

Midwestern State University, USA



**Dea Vukatana**

Midwestern State University, USA



**Sydney Ellis**

Midwestern State University, USA



**Dr. Soon-Mi Choi**

Midwestern State University, USA

**May 8**  
**Saturday**

6:00 – 6:15 Room A

## Cardarine (GW501516) Effects on Improving Metabolic Syndrome



**Jeremy Park**  
Syracuse University, USA



**Dr. Joon Young Kim**  
Syracuse University, USA

**Cardarine (GW501516)** is a selective PPAR- $\delta$  agonist that has shown to induce beneficial effects on metabolic syndrome-related features in mice. demonstrates the effects of Cardarine in humans and similar beneficial effects were observed. No adverse effects were reported.

*\* Undergraduate Research Critique Presentation*

**May 8**  
**Saturday**

6:00 – 6:15 Room B

## Effects of Intermittent Fasting Diet on Cardio Fitness Levels in Female College Athletes

**P**resenting effects of intermittent fasting diet on cardio fitness levels in female college athletes. The study can be useful for those interested in an intermittent fasting diet concerning their fitness goals, or for athletes searching for methods to improve their cardio fitness.



**Olivia Johnson**  
Georgia College & State University, USA



**Kayde Thrums**  
Georgia College & State University, USA



**Cassandra Balzano**  
Georgia College & State University, USA



**Dr. Jinkyung Park**  
Georgia College & State University, USA

Photo Unavailable for:  
Kayla Johnson

**May 8**  
**Saturday**

6:15 – 6:30 Room A

## Effects of Intermittent Fasting Combined with High Protein Consumption and Resistance Training on Resting Metabolic Rate in College Students: A Case Study



**Ashton Guess**  
Midwestern State University, USA



**Francisco Alvarado**  
Midwestern State University, USA



**Kanksha Bhatt**  
Midwestern State University, USA



**Dr. Soon-Mi Choi**  
Midwestern State University, USA

**The purpose of this study** is to investigate the effect of 12 hours of IF with Dukan, high protein, and low carbohydrate diet on body composition and RMR in college students.

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**May 8**  
**Saturday**

6:15 – 6:30 Room B

## Impact of Online Gaming on Time Management and Academic Stressors of Selected College Students



**Carl Marion C. Carbon**  
University of Santo Tomas  
Philippines



**Richel Patrick D.S. Cariño**  
University of Santo Tomas  
Philippines



**Maverick Ayner Chua**  
University of Santo Tomas  
Philippines



**Michael David T. Lopez**  
University of Santo Tomas  
Philippines

**This study investigated** the relationship of online gaming consumption patterns on time management and perceptions on academic stressors of selected college students in the University of Santo Tomas, Manila, Philippines.



# CLOSING & AWARDS CEREMONY

**May 8**  
**Saturday**

7:00 – 7:40 Room A

## IOHSK Presidents & Vice Presidents Inauguration Ceremony

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 <p><b>President</b> <b>Dr. Muhamed Krasniqi</b> President/Executive Director Tempull Academy, Kosovo</p> <p><b>Vice President</b> TBA</p>		<div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <h1 style="margin: 0;">IOHSK</h1> <h2 style="margin: 0;">International Organization Health Sports Kinesiology</h2> <p style="margin: 0;"><a href="http://www.iohsk.org">www.iohsk.org</a></p> </div> </div>	
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**May 8**  
**Saturday**

7:00 – 7:40 Room A

## IOHSK Distinguished Service Awards



**Dr. Young Sub Kwon**  
Associate Professor & Director  
Humboldt State University, USA



**Dr. Hyeonho Yu**  
Ph.D. Sport Pedagogy  
Arizona State University, USA



**Taemin Ha**  
Ph.D. Student in Sport Pedagogy  
University of Northern Colorado, USA



**Jongho Moon**  
Ph.D. Student in Sport Pedagogy  
University of South Carolina, USA





## Dr. Jinkyung Park

**Assistant Professor, Exercise Science**  
**School of Health & Human Performance**  
**Georgia College & State University**  
**Milledgeville, Georgia, USA**  
<https://www.gcsu.edu/>



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Dr. Jinkyung Park earned her Bachelor of Science degrees in sports medicine and food and nutrition and her Master of Science degree in medical nutrition from Kyung-hee University in South Korea. Dr. Park received her Doctor of Philosophy in exercise physiology from Baylor University, where she held positions of both research and teaching assistant in the Health, Human Performance and Recreation (HHPR) program. Prior to coming to Georgia College, she was an adjunct professor teaching research methods and exercise physiology in kinesiology at George Mason University. Her research specialty is cardiovascular prevention, obesity, and aging. Dr. Park's current research emphasis is on obesity-induced vascular inflammation, focusing on the relationship between exercise-induced stress hormones and vascular inflammation. She has published articles relating to this topic.



## Dr. Soon-Mi Choi

**Associate Professor, Athletic Training & Exercise Physiology**  
**Midwestern State University**  
**Wichita Falls, Texas, USA**  
<https://msutexas.edu/>



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Dr. Soon-Mi Choi is an Associate Professor in the Athletic Training & Exercise Physiology at the Midwestern State University where she has been a faculty member since 2014. She is the Graduate coordinator of Exercise Physiology graduate program. Soon-Mi completed her Ph.D. at Kyung-Hee University in South Korea; and worked at Texas A&M International University and University of Texas at Austin as a Post-doctoral fellow. Her research interests lie in the area of chronic diseases and aging. She has served on Diabetes Education Program at Wichita Falls Health District as a consultant and has taught the physical activity class with her students. Soon-Mi lives with two children, 13 years old boy and 10 years old girl. Dr. Choi loves coffee, jazz music, reading and practicing yoga.



## Dr. Joon Young Kim

**Assistant Professor**  
**Exercise Science, Falk College of Sport & Human Dynamics**  
**Syracuse University**  
**Syracuse, New York, USA**  
<https://falk.syr.edu/>



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Dr. Joon Young Kim is a patient-oriented researcher with specific focus on childhood obesity, metabolism and type 2 diabetes. His research focuses on understanding of the pathophysiology/pathogenesis of prediabetes, and type 2 diabetes in obese youth. Dr. Kim was an NIH T32 Post-doctoral Scholar at University of Pittsburgh School of Medicine & Center for Pediatric Research in Obesity and Metabolism, UPMC Children's Hospital of Pittsburgh and Post-doctoral Associate in the Department of Pediatrics & Division of Weight Management and Wellness, UPMC Children's Hospital of Pittsburgh. Dr. Kim received his Ph.D. from Arizona State University, Kinesiology/Exercise Physiology and B.S. from Yonsei University (South Korea), Physical Education. Dr. Kim is specialized in Childhood obesity; metabolism; type 2 diabetes; emerging biomarkers of diabetes risk; metabolic syndrome; polycystic ovary syndrome; exercise physiology; single nucleotide polymorphisms; lifestyle interventions for minorities.

**May 8**  
**Saturday**

7:00 – 7:40 Room A

# International Student Scholarship Awards

**Jun Camie Kisha C. Papio**  
Philippines Women's University, Philippines  
**Rose Nyakake**  
Kyambogo University, Uganda

**Chindhiyaa R.S.**  
National College, Trichy, India  
**Alejandra Ines Romero Huertas**  
Universidad de Lima, Peru

**Natasha Betina B. Lazo**  
University of Santo Tomas, Philippines  
**Se-Eun Kim**  
Chung-Ang University, South Korea

**K.M. Tha-Ha Owasif Aumob**  
University of Chittagong, Bangladesh  
**Eron Hoxha**  
University of Prishtina, Kosovo

**Marlon Jr. Mawile**  
Jose Rizal Memorial State University, Philippines  
**Cristina Orensa Mestas**  
University Jaume I, Spain

**Ji-Won Kim**  
Chung-Ang University, South Korea  
**Fernanda Aracely Banda Davis**  
Universidad Autónoma de Baja California, Mexico

**Patcharakan Rassadornvijit**  
Satri Wittaya 2 School, Thailand  
**Camila Thais Mendoza Benavides**  
University of San Martin de Porres, Peru



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## Award Ceremony | May 8

7:00 – 7:40 pm, US Pacific Time  
Zoom | Virtual Ceremony

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# 2021 International Student Scholarship Awardees



Jun Camie Kisha C.  
Papio



Rose Nyakake



Chindhiyaa R.S.



Alejandra Ines  
Romero Huertas



Natasha Betina B.  
Lazo



Se-Eun Kim



K.M. Tha-Ha Owasif  
Aumob



Eron Hoxha



Marlon Jr. Mawile



Cristina Orensa  
Mestas



Ji-Won Kim



Fernanda Aracely  
Banda Davis



Camila Thais  
Mendoza  
Benavides



Patcharakan  
Rassadornvijit



May 8  
Saturday

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## International Student Internship Achievement Awards & Scholarships



**INTERNATIONAL STUDENT  
INTERNSHIP AWARDEES**



**Natasha Lazo**  
University of Santo Tomas  
Philippines



**K.M. Tha-Ha Owasif Aurnob**  
University of Chittagong  
Bangladesh

**R.S. Chindhiyaa**  
National College, Tiruchirapalli  
India

May 8  
Saturday


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## Dr. Thomas McKenzie Research Grants



**Dr. Thom McKenzie Research Grants**

Dr. McKenzie is donating the funds to support research on  
**“The Occurrence and/or  
Promotion of Physical Activity”**



Application details will be announced later in June 2021.



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