

Curriculum Vitae

DO-HOUN KIM

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Spokane, WA, 99208

CURRENT ACADEMIC EMPLOYMENT

- **Assistant Professor** 2023 - Present
Department of Human Physiology
College of Health Sciences
Gonzaga University

EDUCATION

- **Ph.D. in Exercise Physiology** 2018
Florida State University, Tallahassee, FL
Dissertation: “Effects of Vitamin D and Resistance Exercise Training on Neuromuscular Health and Function in an Obese and Pre-Diabetic Animal Model.”
Major Advisor: Jeong-Su Kim, Ph.D.
- **M.S. in Physical Education** 2010
Sungshin Women’s University, Seoul, South Korea
Dissertation: “A Study on Blood Glucose, Lipid Levels and Circadian Blood Pressure Rhythm According to Obesity in Patients with Diabetes Mellitus.”
Major Advisor: Seung Wook Choi, Ph.D.
- **B.S. in Physical Education** 2008
Kyung Hee University, Seoul, South Korea

PROFESSIONAL EXPERIENCE

- Assistant Professor, Department of Human Physiology 2023 - Current
School of Health Sciences, Gonzaga University, Spokane, Washington
- Assistant Professor, Department of Health and Human Performance 2021 - 2023
Dalton College of Health Sciences, Albany State University, Albany, Georgia
- Postdoctoral Fellow, Metabolic Research Lab, Florida State University 2019 - 2020
- Laboratory Manager, Skeletal Muscle Laboratory, Florida State University 2015 - 2018
- Assistant Administrator, The Korean National Alliance of ICHPER.SD, 2009 - 2012
South Korea
- Exercise Prescriber, Fitness Center of Ministry of the Interior and Safety 2008
South Korea
- Personal Trainer, Apple Gym Fitness, Seoul, South Korea 2006 - 2007

- Master Trainer, Jamaica Fitness, Seoul, South Korea 2005 - 2006

TEACHING EXPERIENCE

- Assistant professor, Gonzaga University 2023 – Present
Course:
Human anatomy and Physiology, Exercise Physiology Laboratory, Dynamic Skeletal Muscle Physiology, Guided Experimental Design, Guided Research
- Assistant professor, Albany State University 2021 – 2023
Course:
Physiology of Exercise, Sport Nutrition, Exercise for the Special Population, Introduction to Exercise Sciences, Exercise Prescription and Implementation.
- Teaching assistant, Florida State University 2013 - 2017
Course:
Human Anatomy and Physiology, Introduction to Exercise Sciences
- Lecturer, Kyung Hee University, Seoul, South Korea 2011 - 2012
Course:
Total Conditioning (Weight Training), Badminton
- Lecturer, Hankuk University of Foreign Studies, Seoul, South Korea 2011 - 2012
Course:
Snowboarding
- Teaching assistant, Sungshin Women’s University, Seoul, South Korea 2009 - 2011
Course:
Badminton, Mounting Climbing

AWARDED GRANT

- Dissertation Award Program (\$750), College of Human Sciences, Florida State University 2017
- Jiwon Co., Ltd Research Grant (\$14,000), South Korea 2017

HONOR AND AWARD

- President of the Korean Students' Association, Florida State University 2015 - 2016
- CHS Fellowship, CHS Fellow Society, College of Human Sciences, Florida State University 2012 - 2015
- Assistant Scholarship, Sungshin Women’s University, South Korea 2009 - 2010
- Teaching Fellow Scholarship, Sungshin Women’s University, South Korea 2009 - 2010

LICENSE AND CERTIFICATION

- The Basic X-Ray Machine Operator, Department of Health, Florida, USA 2018
- Certified sport nutritionist (CISSN), International Society of Sports Nutrition, USA 2013

- Sport Leader 2nd Degree (Bodybuilding), Korea Sports Promotion Foundation, South Korea 2005
- Advanced Open Water Diver, Professional Association of Diving Instructors, USA 2004
- Taekwondo 2nd Degree (2 Dan), World Taekwondo Headquarter, South Korea 1992

RESEARCH EXPERIENCE

Postdoctoral fellow, Florida State University 2019 – 2020

- Project: NADPH oxidase and microvascular dysfunction in obesity (National Institutes of Health/NHLBI, 2R15HL113854-01A1, PI: Robert C. Hickner, Ph.D.)

Research assistant, Florida State University 2013 - 2018

- Project: Protein Timing Study (2018)
- Project: Effect of Vitamin D & Resistance Exercise Training on Neuromuscular Function in an Animal Model of Obesity/Insulin Resistance (Dissertation Project, 2016 - 2018)
- Project: The Effects of Acute and Repeated Long-Duration O₂ Exposure on Skeletal Muscle Performance and Oxidative Stress in Navy Divers (2016 – 2017)
- Project: Effects of MindWorks® Supplementation on Cognitive Function, Motor Skills and Balance in Middle-Aged and Older Individuals (2015-2016)
- Project: Exercise Dependent Muscle Plasticity and Signaling in Cancer Cachexia (2013)
- Project: Periodized Resistance Training and Whey Protein during Obesity Training (2013)

Research assistant, National Research of Korea, South Korea 2010

- Project: A Study on The Status of Female College Students with Skinny Fat and The Effect of Exercise Program (2010)

Research assistant, Gangdong-gu Health Center, South Korea 2008 - 2010

- Project: Saturday Exercise Program (2008 – 2010)
- Project: Development of Exercise Program for Good Body to Middle School Students' Growing Development (2008 – 2010)

PUBLICATIONS

Peer-Reviewed Articles

- **Do-Houn Kim**, Alex Klemp, Gloria Salazar, Hyun-Seok Hwang, Mingchia Yeh, Lynn B. Panton, and Jeong-Su Kim. High Dose Vitamin D Administration and Resistance Exercise Training Attenuate the Progression of Obesity and Improve Skeletal Muscle Function in Obese p62 Deficient Mice. *Nutrition Research*. 84: 14, 2020. DOI: 10.1016/j.nutres.2020.10.002

- Holly Clarke, **Do-Houn Kim**, Cesar A. Meza, Michael J. Ormsbee, Robert Hickner. The Evolving Applications of Creatine Supplementation: Could Creatine Improve Vascular Health? *Nutrients*. 12(9): 2834, 2020. DOI: 10.3390/nu12092834.
- Holly Clarke, **Do-Houn Kim**, Cesar Meza, Robert Hickner. Pilot Study: The Effect of Acute 5-Day Creatine Supplementation on Macrovascular Endothelial Function in Older Adults. *Current Developments in Nutrition*. 4(Suppl.2): 15, 2020. DOI: 10.1093/cdn/nzaa040_015.
- **Do-Houn Kim**, Cesar A. Meza, Holly Clarke, Jeong-Su Kim, Robert C. Hickner. Vitamin D and Endothelial Dysfunction. *Nutrients*. 12(2): 575, 2020. DOI: 10.3390/nu12020575.
- Holly Clarke, Kluess, H., Adams, S., **Do-Houn Kim**, Robert Hickner. Metabolomics Profiling in Response to a Cold Pressor Test. *The FASEB Journal*, 34: 1-1. 2020. DOI: <https://doi.org/10.1096/fasebj.2020.34.s1.06129>.
- Jung Hoon Lee, **Do-Houn Kim**. The Effects of Circuit Resistance Training on Muscular Strength and Hypertrophy in Untrained Healthy Adults: A Systematic Review and Meta-Analysis. *Journal of Biomaterials and Tissue Engineering*. [Accepted, 2020].
- Cesar A. Meza, Justin D. La Favor, **Do-Houn Kim**, Robert C. Hickner. Endothelial Dysfunction: Is There a Hyperglycemia-Induced Imbalance of NOX and NOS? *Int. J. Mol. Sci.* 20(15): 3775, 2019. DOI: 10.3390/ijms20153775.
- Edward Jo, Phillip R. Worts, Marcus L. Elam, Ann Frost Brown, Andy V. Khamoui, **Do-Houn Kim**, Ming-Chia Yeh, Michael J. Ormsbee, Carla M. Prado, Angelina Cain, Katie Snyder, Jeong-Su Kim. Resistance training during a 12-week protein supplemented VLCD treatment enhances weight-loss outcomes in obese patients. *Clinical Nutrition*. 38: 372, 2019. DOI: 10.1016/j.clnu.2017.12.015.
- **Do-Houn Kim**, Jeong-Su Kim. Skeletal Muscle Insulin Resistance in Obesity. *The ICHPER·SD Asia Journal of Research*. 9(2): 39, 2017.
- Andy V. Khamoui, Ming-Chia Yeh, **Do-Houn Kim**, Bong-Sup Park, Marcus L. Elam, Edward Jo, Bahram H. Arjmandi, Jeong-Su Kim. Bone Mineral Density and Content Are Differentially Impacted by Aerobic and Resistance Training in The Colon-26 Mouse Model of Cancer Cachexia. *Applied Cancer Research*. 37:17, 2017. DOI: <https://doi.org/10.1186/s41241-017-0023-y>.
- Jung Hoon Lee, **Do-Houn Kim**, Chang Keun Kim. Resistance Training for Glycemic Control, Muscular Strength and Lean Body Mass in Old Type 2 Diabetic Patients: A Meta-Analysis. *Diabetes Therapy*. 8(3): 459, 2017. DOI: DOI: 10.1007/s13300-017-0258-3
- Andy V. Khamoui, Bong-Sup Park, **Do-Houn Kim**, Ming-Chia Yeh, Seung-Lyul Oh, Marcus L. Elam, Edward Jo, Bahram H. Arjmandi, Gloria Salazar, Samuel C. Grant, Robert J. Contreras, Won Jun Lee, Jeong-Su Kim. Aerobic and Resistance Training Dependent Skeletal Muscle Plasticity in The Colon-26 Murine Model of Cancer Cachexia. *Metabolism*. 65(5): 685, 2016. DOI: 10.1016/j.metabol.2016.01.014.
- **Do-Houn Kim**, Jae Mun Lee, Seung Wook Choi. Comparison of Blood Sugar, Blood Lipid and Blood Pressure According to Obesity in Type 2 Diabetic Patients with Hypertension. *The Korea Journal of Sports Science*. 19(4): 1361, 2010.

*** Manuscripts Under Review / In Preparation**

- **Do-Houn Kim**, Gloria Salazar, Alex Klemp, Hyun-Seok Hwang, Mingchia Yeh, Lynn B. Panton, and Jeong-Su Kim. Reduced autophagy preserves skeletal muscle mass and function in obese p62 deficient mice. [Under Review].
- Phillip Worts, Michael Butler, **Do-Houn Kim**, Alberto Goizueta, Jordan Mazur, Alex Klemp, Ruth Barrientos. Non-pharmacological Interventions to Prepare the Elderly for COVID-19: A Review [Under Review]

- Elizabeth M. Foley, Brendan P. Scherer, Neda S. Akhavan, Cathy W. Levenson, Joseph Munoz, Lauren T. Ormsbee, **Do-Houn Kim**, Kelli S. George, Bahram H. Arjmandi. Alterations in the gut microbiome of osteopenic men after three months of prune consumption: a preliminary study. [In Preparation].
- **Do-Houn Kim**, Chester Sokolowski, Alex Klemp, Robert Hickner, Jeong-Su Kim. The Role of Vitamin D in the Development of Type 2 Diabetes. [In Preparation].

CONFERENCE PRESENTATIONS

Poster Presentation

- Erika Beach, Brennan Bennett, Sydney Dombrowik, Brock Jones, Liv Ledesma, Katelyn Reilly, Silje Squires. **Do-Houn Kim, PhD**. The Effect of Pea and Rice Protein Supplementation on Muscle Recovery. UW-GU Student Research Symposium, Spokane, WA. 2024
- Holly Clarke, Michael Ormsbee, Neda Akhavan, Taylor Behl, Diana Williams, Cesar Meza, **Do-Houn Kim**, Robert Hickner. Impact of Creatine Monohydrate Supplementation on Macrovascular Endothelial Function in Older Adults. Southeast Chapter of the American College of Sports Medicine annual meeting, Greenville, SC. 2022
- Cesar Meza, **Do-Houn Kim**, Holly Clarke, Robert Hickner. Preliminary Data Monitoring In Vivo Sources of Reactive Oxygen Species Production in Human Obesity. The FASEB Journal, 35:. <https://doi.org/10.1096/fasebj.2021.35.S1.05106> (2021)
- **Do-Houn Kim**, Alex Klemp, Gloria Salazar, Hyun-Seok Hwang, Mingchia Yeh, Lynn B. Panton, Jeong-Su Kim. Effects of Vitamin D and Resistance Training on Insulin Sensitivity and Neuromuscular Health in Obesity. *2020 ACSM Annual Meeting*, San Francisco, CA, May 2020.
- Mingchia Yeh, Alex Klemp, **Do-Houn Kim**, Bahram H. Arjmandi, Lynn B. Panton, Michael J. Ormsbee, Robert J. Contreras, Bruce P. Daggy, Laurel A. Fisher, Walter R. Boot, and Jeong-Su Kim. Effects of a Multi-Ingredient Dietary Supplement and Tai Chi on Physical Function in Adults. *2020 ACSM Annual Meeting*, San Francisco, CA, May 2020.
- Alex Klemp, Mingchia Yeh, Chester Sokolowski, **Do-Houn Kim**, Michael J. Ormsbee, FACSM, Lynn B. Panton, Jeong-Su Kim. Pre-Sleep or Post-Exercise Protein Intake Does Not Augment Resistance Training Adaptations in Older Adults. *2020 ACSM Annual Meeting*, San Francisco, CA, May 2020.
- Holly Elizabeth Clarke, Heidi Kluess, Sean Adams, **Do-Houn Kim**, Robert Hickner. Metabolomics Profiling in Response to a Cold Pressor Test. *Experimental Biology*, San Diego, CA, April 2020.
- **Do-Houn Kim**, Gloria Salazar, Hyun-Seok Hwang, Alex Klemp, Ming-Chia Yeh, Phillip R. Worts, Lynn B. Panton, Bahram H. Arjmandi, Samuel C. Grant, Jeong-Su Kim. Physical and Metabolic Characteristics of p62 Knockout Mouse: A New Animal Model of Obesity/Insulin Resistance. *2019 Experimental Biology*, Orlando, FL, USA, 2019.
- Ming-Chia Yeh, Alex Klemp, **Do-Houn Kim**, Miasia Graham, Bahram Arjmandi, Sarah Johnson, Jeong-Su Kim. Effects of Mind-Works® Supplementation on Cognitive Function, Motor Skill and Balance in Middle-Aged and Older Individuals. *2017 Undergraduate Research Symposium*, Florida State University, Tallahassee, FL, USA, 2017.
- Andy V. Khamoui, **Do-Houn Kim**, Ming-Chia Yeh, Bong-Sup Park, Seung-Lyul Oh, Marcus L. Elam, Phillip R. Worts, Chris M. Myers, Bahram H. Arjmandi, Gloria Salazar, Donna McCarthy, Jeong-Su Kim. Aerobic and

Resistance Training Effects on Skeletal Muscle Plasticity in Colon-26 Tumor-Bearing Mice. *2015 ACSM Annual Meeting*, San Diego, CA, USA, 2015.

- Edward Jo, Michael J. Ormsbee, Angelina Cain, Katherin Snyder, Marcus Elam, Ming-Chia Yeh, Phillip Worts, Andy V. Khamoui, **Do-Houn Kim**, Carla M. Prado, Dawn Smith, Ann F Frost, Jeong-Su Kim. The Clinical Application of Periodized Resistance Training During A 12-Week Hypocaloric Treatment for Obesity. *2015 ACSM Annual Meeting*, San Diego, CA, USA, 2015.
- Ming-Chia Yeh, Edward Jo, Phillip Worts, Angelina Cain, Marcus Elam, Andy V. Khamoui, **Do-Houn Kim**, Michael J. Ormsbee, Carla M. Prado, Dawn Smith, Katherin Snyder, Jeong-Su Kim. The Clinical Application of Periodized Resistance Training During A 12-Week Hypocaloric Treatment for Obesity. *2015 SEACSM Annual Meeting*, Jacksonville, FL, USA, 2015.
- **Do-Houn Kim**, Andy V. Khamoui, Ming-Chia Yeh, Bong-Sup Park, Seung-Lyul Oh, Marcus L. Elam, Phillip P. Worts, Chris C. Myers, Eddie Jo, Bahram H. Arjmandi, Jeong-Su Kim. Effects of Aerobic and Resistance Training on C26 Tumor-Induced Cachexia. *2015 SEACSM Annual Meeting*, Jacksonville, FL, U.S, 2015.
- Seung-Lyul Oh, Sang-Rok Lee, Andy V. Khamoui, Edward Jo, Bong-Sup Park, Michael J. Ormsbee, Lynn B. Phanton, **Do-Houn Kim**, Ming-Chia Yeh, Won Jun Lee, Jeong-Su Kim. Effect of CLA/n-3 and Resistance Training on Muscle Quality in Middle-aged Mice During High-fat Diet. *2014 ACSM Annual Meeting*, Orlando, U.S, 2014.
- Edward Jo, Angela Cain, Carla M. Prado, Michael J. Ormsbee, Bahram H. Arjmandi, Katherine Snyder, Dawn Smith, Andy V. Khamoui, Min-Chia Yeh, **Do-Houn Kim**, Bong-Sup Park, Seung-Lyul Oh, Jeong-Su Kim. A Single-Center Evaluation of a Proprietary Hypocaloric Treatment for Morbid Obesity. *2014 ACSM Annual Meeting*, Orlando, U.S, 2014.
- Bong-Sup Park, Paul C. Henning, Andy V. Khamoui, Eddie Jo, Sang-Rok Lee, Michael C. Zourdos, **Do-Houn Kim**, Ming-Chia Yeh, Jeong-Su Kim. HMB Attenuates A Loss of Myofiber Cross-Sectional Area during Prolonged Exercise with Calorie Restriction by Enhancing Regenerative Capacity. *2013 Experimental Biology*, Boston, U.S, 2013.
- Sun Hwa Kim, So Eun Lee, Seung Hui Baek, Yun Mi Lee, **Do-Houn Kim**, A Ram Kim, Ji Yeon Lee, So Young Kim, Jae Moon Lee, Seung Wook Choi. Study Concerning Middle School Girl's Body Composition, Physical Fitness and Scoliosis. *2011 ICHPER.SD Asia Congress*, Taipei, Taiwan, 2011.
- Seung Hui Baek, Yun Mi Lee, So Eun Lee, Sun Hwa Kim, A Ram Kim, **Do-Houn Kim**, Ji Yeon Lee, Nan Da Shin, So Young Kim, Jae Mun Lee, Seung Wook Choi. The Relationship between Korean Childhood Obesity and Atherosclerosis. *The 52nd ICHPER.SD Anniversary World Congress*. Doha, Qatar, 2010.
- Ji Yeon Lee, **Do-Houn Kim**, Sun Hwa Kim, Seung Hui Baek, Yun Mi Lee, Nan Da Shin, So Young Kim, A Ram Kim, Jae Mun Lee, Seung Wook Choi. The Effects of A Complex Exercise Program on The Physical Fitness of Participants During Hemodialysis. *The 52nd ICHPER.SD Anniversary World Congress*. Doha, Qatar, 2010.
- **Do-Houn Kim**, Yun Mi Lee, Seung Hui Baek, So Eun Lee, Sun Hwa Kim, A Ram Kim, Ji Yeon Lee, Nan Da Shin, So Young Lee, Jae Mun Lee, Seung Wook Choi. A Study of 24 Hours Circadian Blood Pressure Rhythm and Blood Sugar Level in Obese Patients With Type 2 Diabetes. *The Korean Alliance for Health, Physical Education*. p.162 (Abstract), 2010.
- Seung Hui Baek, **Do-Houn Kim**, Yun Mi Lee, So Eun Lee, Sun Hwa Kim, A Ram Kim, Ji Yeon Lee, Nan Da Shin, So Young Lee, Jae Mun Lee, Seung Wook Choi. A 12-Week Complex Exercise in Middle-Schoolers Affects

Blood Lipids, Leptin and Adiponectin. *The 13th KJSPE Korea-Japan Symposium on Physical Health. The Korean Journal of School Physical education*, 2009.

- Seung Hui Baek, **Do-Houn Kim**, Yun Mi Lee, Sun Hwa Kim, A Ram Kim, Ji Yeon Lee, Nan Da Shin, So Young Lee, Jae Mun Lee. Effect of The Obesity Index and Basic Physical Fitness on Cardiovascular Risk Factors in Elementary Students. *The Korean Alliance for Health, Physical education. p.343* (Abstract), 2009.

Oral Presentation

- **Do-Houn Kim**, So Eun Lee, Seung Hui Baek, Yun Mi Lee, Sun Hwa Kim, A Ram Kim, Ji Yeon Lee, Nan Da Shin, So Young Kim, Jae Mun Lee, Seung Wook Choi. Correlations of Obesity with 24 Hours Circadian Blood Pressure Rhythm, Blood Sugar and The Blood Lipid Level in Type 2 Diabetic Patients with Hypertension. *2011 ICHPER.SD Asia Congress*, Taipei, Taiwan, 2011.

PROFESSIONAL MEMBERSHIPS

- American Physiological Society
- American College of Sports Medicine
- International Society of Sports Nutrition

MILITARY SERVICE

- Korea army, South Korea

2001 - 2003