

SANG OUK, TOMMY, WEE

1261 W Westgate Terrace, Chicago, IL 60607 • 818-383-5096 • swee3@uic.edu

EDUCATION

University of Illinois at Chicago
Doctor of Philosophy, Kinesiology, Nutrition and Rehabilitation
Advisor: Dr. Bo Fernhall
Current

California State University Northridge, Northridge, CA
Master of Science, Applied Physical Activity. Expected Graduation: May 2012
Thesis: "Cardiorespiratory Response to Continuous Passive Exercise in People with Spinal Cord Injury"
Advisor: Dr. Konstantinos Vronginostinos

Auburn University, Auburn, Alabama
Master of Education, Exercise Science (Lipid Metabolism),
Advisor: Dr. Peter W. Grandjean
May 2004

Korea University, Seoul, South Korea
Bachelor of Science, Sports and Leisure Studies,
GPA: 3.75
February 2000

EXPERIENCES

Research Assistant
University of Illinois at Chicago
Current

Land-based and Aquatic-based Instructor for therapeutic laboratory
Center of Achievement, California State University Northridge
2010 - 2012

Teaching Assistant
Auburn University: Exercise Technology Laboratory at Auburn University
2002 - 2006

Laboratory Technician/Phlebotomist
Auburn University: Exercise Technology Laboratory
2004 - 2007

Exercise Physiologist Internship
East Alabama Medical Center Cardiac Rehabilitation Center
Summer 2004

Teaching Assistant
Korea University, Korea, Department of Sport and Leisure Studies
2000 - 2001

Study abroad
San Jose State University, San Jose, CA
1997 - 1998

Military service
White House Military Band
1994 - 1996

PERFORMANCES

Research Presentation

Mid-west American College of Sports Medicine November, 2013

Invited Speaker

Korean educators and parents seminar, California State University Northridge, August, 2011

Invited Translator

International Conference of Korea Association of Sport and Leisure Studies July, 2007

Invited Guest Speaker

International Conference of Costa Rica Sports Conference October, 2006

Invited Translator

International Conference of Korea Sports Association June, 2003

CERTIFICATIONS

Arthritis Foundation Land Exercise Instructor 2011

Phlebotomist from Auburn University Nursing school 2006

Korea Ski Association Certified Ski Instructor 1999

Red Cross Lifeguard 1998

Korea Scuba Diving Advanced License 1993

Korea Recreation Association Certified Instructor 1993

PUBLICATIONS AND PRESENTATIONS

CO-AUTHOR JOURNAL ARTICLES

Mestek, M.L., E.P. Plaisance, L. Ratcliff, J.K. Taylor, S.O. Wee, & P.W. Grandjean. Aerobic exercise and postprandial lipemia in men with metabolic syndrome. *Medicine & Science in Sports & Exercise.*, 40 (12): 2105 - 2111, 2008

Mestek, M.L., Garner, J.C., Plaisance, E.P., Hilson, B.D., Alhassan, S., Taylor, J.K., Wee, S.O., & Grandjean, P.W. Blood lipid responses after continuous & accumulated aerobic exercise. *International Journal of Sport Nutrition & Exercise Metabolism*, 16 (3): 245-254. 2006

Alhassan, S., Reese, K.A., Mahurin, A.J., Plaisance, E.P., Hilson, B.D., Garner, J.C., Wee, S.O., and P.W. Grandjean. Blood lipid responses to plantstanol ester supplementation and aerobic exercise training. *Metabolism* Vol. 55:541 - 549, 2006.

CO-AUTHOR ABSTRACTED PRESENTATIONS

Wee S.O., Konstantinos K. D., Jung T., & Stacyk S.. *Cardiorespiratory Response to Continuous Passive Motion Exercise in People with Spinal Cord Injury*. American College of Sports Medicine International Meeting, San Francisco, CA. Abstracted: 2012.

Mestek, M.L., E.P. Plaisance, L. Ratcliff, J.K. Taylor, S.O. Wee, & P.W. Grandjean (FACSM). *Investigating aerobic exercise characteristics on postprandial lipemia in men with metabolic syndrome*. American College of Sports Medicine International Meeting, Indianapolis, IN. Abstracted: *Medicine and Science in Sports and Exercise*. Vol.40 (5) No. 1748, 2008.

Wee, S-O., A. Reisi, E.P. Plaisance, M.L. Mestek, J.K. Taylor, F. Araya- Ramírez and P.W. Grandjean. *Immediate cardiovascular changes after cigarette smoking and moderate-intensity aerobic exercise*. American College of Sports Medicine International Meeting, New Orleans, LA. Abstracted: *Medicine and Science in Sports and Exercise*. Vol.39 (5) No. 1555, 2007.

Araya- Ramírez, F., S-O. Wee, A.J. Mahurin, E.P. Plaisance, M.L. Mestek, D. Dean and P.W. Grandjean. *Aerobic fitness, waist girth and markers of metabolic syndrome in women*. American College of Sports Medicine International Meeting, New Orleans, LA. Abstracted: *Medicine and Science in Sports and Exercise*. Vol.39 (5) No. 1547, 2007.

Alhassan, S., K.A. Reese, E.P. Plaisance, B.D. Hilson, J.C. Garner, S-O. Wee and P.W. Grandjean. *Effects of dietary plant stanol ester margarine and aerobic exercise training on blood lipid concentrations*. American College of Sports Medicine International Meeting, Nashville, TN. Abstracted: *Medicine and Science in Sports and Exercise*. Vol.37 (5), No. 1973, 2005

Garner, J.C., M.L. Mestek, E.P. Plaisance, B.D. Hilson, S. Alhassan, J.K. Taylor, S-O. Wee and P.W. Grandjean. *Blood lipid responses after continuous and accumulated aerobic exercise*. American College of Sports Medicine International Meeting, Nashville, TN. Abstracted: *Medicine and Science in Sports and Exercise*. Vol.37 (5), No. 1969, 2005.

INVITED PRESENTATION AND SYMPOSIA

Invited Presentation: *Cardiorespiratory Response to Continuous Passive Exercise in People with Spinal Cord Injury*: 27th Annual International Technology and Persons with Disabilities Conference, San Diego, CA. March 02, 2012

Invited Presentation: *Adapted Physical Activity for Children with Disability*: Korean educators and parents seminar, California State University Northridge, CA. August 17, 2011

Invited Presentation: *Effect Of Smoking In Blood Clotting Elements*: XIII Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, Universidad de Costa Rica, San José, Costa Rica. October 18, 2006.

Invited Presentation translator: *Physical Activity in the United States: Are Current Strategies Effective?* International Sport Science Congress: "Sport & Chance of Life", Korean Alliance for Health, Physical Education, Recreation and Dance, Chungnam National University, Daejeon, Korea, June 19, 2004.

Invited Presentation translator: *Enhancing Fitness Through College Outreach: The TigerFit Program*. Korea International Sport for All & Leisure Studies Science Congress, Korean National Sport University, Seoul, Korea, June 20, 2004.