

CURRICULUM VITAE

KANOKWAN BUNSAWAT

BIOGRAPHICAL INFORMATION

Work Address: 1640 West Roosevelt Road, Suite 158
Chicago, IL 60612
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EDUCATION

University of Illinois at Chicago, Chicago, IL
January 2012 - present
PhD Candidate
Advisor: Tracy Baynard, PhD

University of Illinois at Urbana-Champaign, Urbana, IL
August 2011 - December 2011
PhD Student
Advisor: Tracy Baynard, PhD

Skidmore College, Saratoga Springs, NY
2011 Bachelor of Science
Major: Exercise Science
Thesis Title: The Effects of Whey Protein Intake With and Without Exercise Training on Total Muscle and Fat Mass, Abdominal Fat Mass, Blood Lipids, Glucose, Insulin, Mood State, Hunger and Muscular Strength
Advisor: Paul Arciero, PhD

PROFESSIONAL EXPERIENCE

January 2012 to Present

Department of Kinesiology, Nutrition and Rehabilitation
University of Illinois Chicago, Chicago, IL
Graduate RA with Dr. Tracy Baynard

- *Monitoring and assisting with testing and exercise training for the six month training with individuals with Multiple Sclerosis*
- *Assisting with testing in the antioxidant study on vascular function*
- *Assisting with testing in the flu vaccine study on cardiovascular function*
- *Conducted a VO₂ test for a lab activity in Dr. Baynard's class*

August 2011 to December 2011

Department of Kinesiology and Community Health
University of Illinois Champaign-Urbana, Urbana, IL
Graduate RA with Dr. Tracy Baynard

- *Helped with the fire-fighter research study*

TEACHING EXPERIENCE

August 2014 to May 2015

Department of Kinesiology, *Introduction to Exercise Science and Health, KN 152* (3 Credits)
Laboratory Instructor, Enrollment: 34 students (Fall) and 47 students (Spring)
University of Illinois at Chicago

August 2013 to May 2014

Department of Kinesiology, *Physiology of Exercise, KN 352* (4 Credits)
Laboratory Instructor, Enrollment: 40 students (Fall) and 20 students (Spring)
University of Illinois at Chicago

August 2011 to December 2011

Department of Kinesiology and Community Health, *Bioscience of Human Movement, KIN 150* (3 Credits)
Laboratory Instructor, Enrollment: 29 students
University of Illinois at Urbana-Champaign

PUBLISHED MANUSCRIPTS

1. Effect of Aspirin Supplementation on Hemodynamics in Older Firefighters. Lane-Cordova AD, Ranadive SM, Kappus RM, Sun P, **Bunsawat K**, Smith DL, Horn GP, Ploutz-Snyder R, Fernhall B. *Med Sci Sports Exerc.* Accepted on May 26th, 2015 [In Press]. PMID: 26057939.
2. Blood Pressure Changes Following Aerobic Exercise in Caucasian and Chinese Descendants. Peng S, Yan H, Ranadive S, Lane A, Kappus R, **Bunsawat K**, Baynard T, Li S, Fernhall B. *Int J Sports Med* 36(3): 189-96, 2015.
3. Caffeine Delays Autonomic Recovery Following Acute Exercise. **Bunsawat K**, White DW, Kappus RM, Baynard T. *Eur J Prev Cardiol.* Accepted on September 18th, 2014 [In Press]. PMID: 25297344.
4. Usefulness of Blood Pressure Rises Prior to Exercise Stress Testing to Predict the Risk of Future Hypertension in Normotensive Korean Men. Jae SY, Heffernan KS, Kurl S, Laukkanen JA, Choi YH, Park WH, **Bunsawat K**, Fernhall B, Kang SM, Park JB. *Am J Cardiol* 114(8): 1238-42, 2014.
5. Effects of Acute Active Video Games on Endothelial Function Following a High-Fat Meal in Overweight Adolescents. Park SH, Yoon ES, Lee YH, Kim CH, **Bunsawat K**, Heffernan KS, Fernhall B, Jae SY. *J Phys Act Health.* 12(6): 869-874, 2015.
6. Age-Related Ventricular-Vascular Coupling During Acute Inflammation in Humans: Effect of Physical Activity. Lane AD, Kappus RM, **Bunsawat K**, Ranadive SM, Yan H, Phillips S, Baynard T, Woods J, Motl R, Fernhall B. *Eur J Prev Cardiol* 22(7): 904-11, 2015.
7. Normal Heart Rate with Tilt, Yet Autonomic Dysfunction in Persons with Down Syndrome. **Bunsawat K**, Gouloupoulou S, Collier SR, Figueroa A, Pitetti KH, Baynard T. *Med Sci Sports Exerc.* 47(2): 250-6, 2015.

MANUSCRIPTS IN PROGRESS

1. Remote Ischemic Preconditioning Does Not Attenuate Arterial Stiffening Following Acute High-Intensity Resistance Exercise. **Bunsawat K**, Jae SY, Yoon ES, Park SH, Oh YS, Guerra M, Fernhall B.
2. Cardiac Autonomic Modulation and Blood Pressure Responses to Isometric Handgrip and Submaximal Cycling Exercise in Individuals with Down Syndrome. **Bunsawat K**, Baynard T.
3. Varying Protein Sources and Multi-Component Exercise Training with Web-Based Lifestyle Strategies Improves Physical Performance in Middle-Aged Overweight Men and Women. Arciero PJ, Edmonds R, **Bunsawat K**, Gentile CL, Ketcham K, Darin C.

PUBLISHED ABSTRACTS

1. The Influence of Sex and Age on Arterial Function in Response to an Acute Inflammatory Stimulus. Rosenberg A, Lane-Cordova A, **Bunsawat K**, Wee SO, Baynard T, Fernhall B. *Artery Research* 12: 46, December 2015.
2. The Influence of Resting Heart Rate on Low- and Very Low-Frequency Blood Pressure Variability. **Bunsawat K**, White DW, Shafer BM, Marqui PA, Wang Y, Fernhall B, Baynard T. *Artery Research* 8(4): 166-167, December 2015.
3. Carotid Arterial Circumferential Strain Has a Greater Association to Vascular Aging than Conventional Carotid Arterial Stiffness. Rosenberg A, Lane-Cordova AD, Kappus RM, **Bunsawat K**, Wee SO, Baynard T, Fernhall B. *Artery Research* 8(4): 166-167, December 2015.
4. Influence of Age on Blood Pressure Variability and Baroreceptor Sensitivity in Response to Acute Exercise. Rosenberg AJ, Kappus RM, **Bunsawat K**, Shafer B, Wee SO, Baynard T, Fernhall B. *FASEB J. April 2015; 29(1):LB672.*

5. Autonomic Function during Exercise in Older Adults: the Influence of Antioxidant Supplementation. **Bunsawat K**, Kappus RM, Rosenberg AJ, Shafer B, Wee SO, Baynard T, Brown MD, Haus JM, Phillips SA, Fernhall B. *Med Sci Sports Exerc.* 47(5S): 744, May 2015.
6. Blood Pressure during Submaximal Exercise as a Predictor of Future Hypertension in Normotensive Men. Jae SY, Franklin B, **Bunsawat K**, Park WH, Fernhall B. *Med Sci Sports Exerc.* 47(5S): 173, May 2015.
7. The Effect of Acute Antioxidant Supplementation on Vascular Dysfunction with Aging. Kappus RM, **Bunsawat K**, Rosenberg AJ, Baynard T, Haus JM, Phillips SA, Brown MD, Fernhall B. *Med Sci Sports Exerc.* 47(5S): 851, May 2015.
8. Racial Differences in HRV in Response to an Acute Bout of Forearm Exercise. Rosenberg AJ, **Bunsawat K**, Kappus RM, Shafer B, Wee SO, Baynard T, Brown MD, Haus JM, Phillips SA, Fernhall B. *Med Sci Sports Exerc.* 47(5S): 161, May 2015.
9. Home-Based Exercise in Persons with Multiple Sclerosis: Fitness and Walking Mobility Preliminary Results. Griffith G, Wee SO, Klaren RE, Thur L, Kappus RM, Shafer B, **Bunsawat K**, Molt R, Baynard T, Fernhall B. *Med Sci Sports Exerc.* 47(5S): 361, May 2015.
10. Effects of Acute Induced Inflammation on Pressure Waveforms: Does Age Matter? **Bunsawat K**, Lane AD, Kappus RM, Ranadive SM, Yan H, Wee SO, Phillips SA, Baynard T, Woods JA, Molt R, Fernhall B. *Artery Research* 8(4): 166-167, December 2014.
11. Sex Differences in Hemodynamic Responses Following Acute Inflammation: Wave Separation Analysis. Wee SO, Lane AD, **Bunsawat K**, Rosenberg A, Fernhall B. *Artery Research* 8(4): 174-175, December 2014.
12. Effects of Caffeine on Cardiac Autonomic Function During Exercise Recovery. **Bunsawat K**, Rosenberg AJ, Wee SO, Kappus R, Hultgren K, Fernhall B, Baynard T. *Med Sci Sports Exerc.* 46(5S): 327, May 2014.
13. Altered Autonomic Response to Upright Tilt in Individuals with Down Syndrome. **Bunsawat K**, Goulopoulou S, Collier S, Figueroa A, Pitetti K, Fernhall B, Baynard. *Med Sci Sports Exerc.* 45(5S): 31, May 2013.
14. Effects of Acute, Induced Inflammation on Cardiovascular Function. Lane AD, Ranadive SM, Yan H, Kappus RM, Baynard T, Phillips S, **Bunsawat K**, Woods JA FACSM & Fernhall B FACSM. *Med Sci Sports Exerc.* 45(5S): 34, May 2013.
15. Acute, Induced Inflammation Affects Arterial Load. Lane AD, Kappus R, **Bunsawat K**, Phillips S, Woods J, Motl R, Baynard T, Fernhall B. *Artery* 6(4): 195, December 2012.
16. Sex Affects Autonomic Recovery Following a 45-minute Bout of Aerobic Exercise. **Bunsawat K**, Sun P, Yan H, Ranadive S, Kappus R, Lane A, Baynard T, Fernhall B, *Med Sci Sports Exerc.* 44(5S): 661, May 2012.
17. Whey Protein, Resistance and Sprint Interval Training and Healthy Lifestyle Strategies: Effects on Cardiometabolic Risk. Arciero PJ, Darin C, Zhen Q, **Bunsawat K**, Zhang J, Steward N. *FASEB J. April 2011; 25:223.7.*

SUBMITTED ABSTRACTS

1. Parasympathetic Modulation in Aging Adults: the Influence of Body Composition. **Bunsawat K**, Kappus RM, Rosenberg AJ, Wee SO, Fernhall B, Baynard T. ACSM 2016.
2. Cardiorespiratory Fitness Attenuates the Risk of Subclinical Atherosclerosis in Men with Cardiometabolic Syndrome. Jae SY, Franklin B, **Bunsawat K**, Park WH, Fernhall B. ACSM 2016.
3. Hemodynamic and Peripheral Vascular Conductance in Individuals with Down Syndrome Following Hypovolemic Pressure Challenge. Wee SO, Rosenberg AJ, **Bunsawat K**, Griffith G, Baynard T, Fernhall B. ACSM 2016.
4. Effects of Acute Induced Inflammation on Arterial Stiffness and Compliance in Overweight Adults. **Bunsawat K**, Lane-Cordova AD, Fernhall B, Baynard T. EB 2016.
5. Vascular Responses to Hypovolemic Pressure Challenge in Individuals with Down Syndrome. Wee SO, Rosenberg AJ, **Bunsawat K**, Griffith G, Baynard T, Fernhall B. EB 2016.

PRESENTATIONS

1. Hemodynamics and Vascular Conductance Following Hypovolemic Pressure Challenge in Individuals with Down Syndrome. Wee SO, Rosenberg AJ, **Bunsawat K**, Griffith G, Fernhall B. Midwest ACSM 2015 Regional Chapter Annual Meeting, Ft. Wayne, IN, November 6-7, 2015 (Oral Presentation).

2. Effects of Caffeine on Cardiac Autonomic Function during Exercise Recovery. **Bunsawat K**, Rosenberg AJ, Wee SO, Kappus RM, Hultgren K, Fernhall B, Baynard T. Midwest ACSM 2013 Regional Chapter Annual Meeting, Radisson – Star Plaza, Merrillville, IN, November 8-9, 2013 (Oral Presentation).
3. Effects of Caffeine Supplementation on the Relationship between Total Arterial Compliance and Hemodynamic Parameters during Exercise Recovery. **Bunsawat K**, Rosenberg AJ, Wee SO, Kappus RM, Hultgren K, Fernhall B, Baynard T. The 3rd Annual Meeting of the North American Artery Society, September 7, 2013 (Poster Presentation).
4. Altered Autonomic Response to Upright Tilt in Individuals with Down Syndrome. **Bunsawat K**, Goulopoulou S, Collier S, Figueroa A, Pitetti K, Fernhall B, Baynard T. Midwest ACSM 2012 Regional Chapter Annual Meeting, Maumee Bay Lodge and Conference Center, Oregon, OH, November 1-3, 2012 (Oral Presentation).
5. Comparison of whey protein and resistance training versus healthy lifestyle strategies on total and abdominal body fat distribution and blood lipids in overweight/obese adults. Arciero PJ, Darin C, Zheng Q, **Bunsawat K**, Zhang J, Steward N. Distinguished Professional Free Communication Session, Mid-Atlantic Regional Chapter of ACSM, 33rd Annual Meeting, Harrisburg, PA November 5-6, 2010 (Oral Presentation).

RESEARCH GRANT

External Grant Funded

Predocctoral Fellowship—American Heart Association, December 2015. “The Role of Obesity on Neurovascular Responses to Exercise.” (01-01-16 to 12-31-17). \$52,000 USD. PI-Bunsawat; Sponsor-Baynard

RECOGNITION/AWARDS

2015	University of Illinois at Chicago – Graduate Student Council’s Travel Award
	University of Illinois at Chicago – Graduate College Student Presenter’s Travel Award
2014	University of Illinois at Chicago – Graduate College Student Presenter’s Travel Award
	University of Illinois at Chicago – Discretionary Funds
2013	University of Illinois at Chicago – Graduate Student Council’s Travel Award
2012	University of Illinois at Chicago – Graduate College Student Presenter’s Travel Award

REVIEW

2014-	Journal of Physical Activity and Health
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CERTIFICATIONS AND MEMBERSHIPS

2015-	American Physiological Society (APS) member
2015-	Graduate Women in Science – Eta member
2014-	American Heart Association (AHA) member
2012-	Midwest American College of Sports Medicine (MWACSM) member
2010-	American College of Sports Medicine (ACSM) member

References

Tracy Baynard Applied Health Science Bldg 1919 W. Taylor St. Rm 527 Chicago, IL 60612 312-413-1962 tbaynard@uic.edu	Bo Fernhall (Dean) College of AHS 808 S. Wood St. CMET 169, MC 518 Chicago, IL 60612 312-413-9180 fernhall@uic.edu	Michael Brown Applied Health Science Bldg 1919 W. Taylor St. Rm 646 Chicago IL, 60612 312-413-8750 brownmd@uic.edu
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