

Curriculum Vitae

NAME: Kee-Chan Joo

ADDRESS: Wellness Academy
2454 87th St. 36 Teheran-ro Kangnam-gu
Seoul Korea
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EDUCATION:

Wake Forest University, Winston-Salem, USA
Research Scholar in Cardiac Rehabilitation and Heart Failure Study
(Aug. 2001 to Aug. 2003)

Seoul National University, Seoul Korea
Ph.D. in Exercise Physiology (Feb. 1997).

Seoul National University, Seoul Korea
M.S. in Exercise Physiology (Feb. 1986).

Seoul National University, Seoul Korea
B.S. in Physical Education (Feb. 1981).

PROFESSIONAL EXPERIENCE:

Professor, Dept. of Clinical Exercise Physiology, Seowon University, Cheongju, Korea
Sept 2004 – 2021

Program Director, Asan Medical Center Cardiac Rehabilitation Program, Seoul Korea
Sept 2009 – Sept 2013

Program Director, Hyosung General Hospital Cardiac Rehabilitation Program, Cheongju Korea
Sept 2007 – Dec 2011

Associate Professor, Dept. of Clinical Exercise Physiology, Seowon University, Cheongju, Korea
Sept 1999 – Aug 2004

Assistant Professor, Dept. of Physical Education, Seowon University, Cheongju
Korea
March 1994 – Aug 1999

Full-time lecturer, Dept. of Physical Education, Seowon University, Cheongju, Korea.
March 1992 – 1994

CERTIFICATION:

- FACSM (Fellow of American College of Sports Medicine)
- ACSM Certified Clinical Exercise Physiologist
- ACSM Registered Clinical Exercise Physiologist
- ACSM Cancer Exercise Trainer
- ACSM Certified Exercise Physiologist
- AACVPR-CCRP (Certified Cardiac Rehabilitation Professional)
- UNC-CCES (University of Northern Colorado Clinical Cancer Exercise Specialist)

PROFESSIONAL MEMBERSHIPS:

- American Association of Cardiovascular and Pulmonary Rehabilitation (Member)
- American College of Sports Medicine (Fellow Member)
- Korean Heart Association (Member)
- Korean Association of Clinical Health Promotion (Member)

EXTERNAL PROFESSIONAL COMMITTEES AND SERVICE:

Chair of Wellness Academy (2012 – present)

Director of International Cooperation, Korean Association of Cardiovascular and Pulmonary Rehabilitation (2009 – 2013)

Director of Clinical Exercise, Korean Society of Health Promotion and Disease Prevention (2009 - 2013)

Task Force member of Health Plan 2010 (Exercise Division), Ministry of Health and Welfare (2005. 8 – 2007. 5)

Committee member of Chungbuk Agricultural Safety promotion. (2009. 5 – 2011. 4)

Director of Chungbuk Sports Council. (1995. 3 – 1997. 12)

MANUSCRIPT REVIEWER:

- Medicine and Science in Sport and Exercise
- Korean Association of Sports Nutrition
- Korean Journal of Exercise Science

External Funds:

Korea Forestry Promotion Institute

Forest-based Intensive Cardiac Rehabilitation for Effective Management of Cardiovascular Disease

Co-Investigator – 50% (PI Jongyoung Lee)

Period of Support: 04/01/2021 – 10/31/2023

Direct Costs: \$1,200,000

Objective: To examine and develop cardiovascular disease management system on the basis of Forest-based Intensive Cardiac Rehabilitation

Korea Ministry of Health and Welfare

Development of Exercise Program for Prevention of Dementia

Investigator

Period of Support: 06/01/2019 – 12/31/2019

Direct Costs: \$250,000

Objective: To develop Muti-dimensional Exercise Training Program on Prevention of Dementia in older adult with Mild Cognitive Impairment

BIBLIOGRAPHY:

PEER-REVIEWED MANUSCRIPTS

Peter H. Brubaker, James H. Ross, **Kee-Chan Joo**. *Contemporary Approaches to Prescribing Exercise in Coronary Artery Disease Patients*. American Journal of Lifestyle Medicine. 2018; March/April; Vol 12(2) pp 130-139

Kee-Chan Joo, Hyun-Tae Ok, Wan-Soo Kim. *Relationship between Physical Activity Level and Fall-Proof-related Fitness in Older Female Adults*. Journal of Korean Society of Physical Medicine 2018; vol 13(2): pp. 1-9

Jong-Young Lee, **Kee-Chan Joo**, Peter H. Brubaker, *Aqua walking as an alternative exercise modality during cardiac rehabilitation for coronary artery disease in older patients with lower extremity osteoarthritis*. BMC Cardiovascular Disorders. 2017 Sep 21;17(1):252

Kim MH, **Joo KC**. *The Difference of Heart Rate Response and Energy Expenditure Based on the Performance Level of Line Dance*. Official Journal of Korean Society of Dance Science. 2016; 33(1):83-93.

Joo KC. *The caloric expenditure of 1,000kcal per week can be a meaningful intervention for controlling coronary artery disease risk factors in older female adults*. Korean J Health Educ Promot. 2015;32(5):211-217.

Choi YS, **Joo KC**, Park JH. *Is Yoga Beneficial for Improving Physical Fitness, Autonomic Nervous Functions, and Psychosocial Health in Older Female Adults?* Korean Journal of Health Promotion. 2012;12(4):211-217.

Kim YH, **Joo KC**, Park JH. *The Effect of 12 Weeks of Exercise on CAD Risk Factors in Taxi Drivers*. Journal of Sport and Leisure Studies. 2012;48(2):835-848.

Joo KC, Lee HJ. *The Relation between Regular Exercise and both Framingham Risk Score and Determinant of Metabolic Syndrome in Middle-aged Men*. Exercise Science. 2006;15(3):181-191.

Peter H. Brubaker , **Joo KC** , Stewart K. P , Fray B , Moore B , Kitzman DW. *Chronotropic Incompetence and Its Contribution to Exercise Intolerance in Older Heart Failure Patients*. Journal of Cardiopulmonary Rehabilitation. 2006;26(2):86-89.

Joo KC , Brubaker P H , MacDougall A , Saikin AM , Ross JH , Whaley M H. *Exercise Prescription Using Resting Heart Rate Plus 20 or Perceived Exertion in Cardiac*

Rehabilitation. Journal of Cardiopulmonary Rehabilitation and Prevention. 2004;24(3):178-186.

Jung DJ, **Joo KC**. *The Effects of Resistance Exercise by Elastic Band for Improved to Daily Living Physical Fitness in Old-age Women*. Exercise science. 2003;12(2):253-265.

Joo KC, Ko SS, Byun JK, Jung DJ, Song SH. *The Electrocardiogram at Rest and during Graded Exercise in Athletes*. Exercise science. 2002;11(2):467-482.

Jung DJ, **Joo KC**, Ko SS. *The Effect of vitamin E & C supplementation on the activities of GPX, GRD*. Exercise science. 2001;10(1):13-20.

Joo KC, Ko SS. *Availability of the Heart Rate Threshold as the Determination of the Aerobic Exercise Training Intensity*. Korean Journal of Physical Education. 2001;40(4):785-795.

Joo KC, Jung DJ, Byun JK. *Cardiovascular Responses to Dynamic and Static Exercise in Endurance and Non-endurance athletes*. Exercise science. 2000;9(1):13-27.

Byun JK, **Joo KC**, Baek WI. *The Difference of Cardiorespiratory Response to Exercise among Korean Dancers, Modern Dancers and Ballet Dancers*. RESEARCH OF DANCE EDUCATION. 2000;11(1):139-152.

Byeon JK, **Joo KC**, Kim MH, Kim KU. *The Comparison of Isokinetic Muscle Function in Lower Extremity between Korean Dancers and Ballet Dancers*. RESEARCH OF DANCE EDUCATION. 2000;11(1):169-190.

Jun TW, **Joo KC**. *The Effect of Forward and Backward Pedaling on Leg Muscle Recruitment and Energy Metabolic Variables in Stationary Bicycling*. JOURNAL OF THE RESEARCH INSTITUTE OF PHYSICAL EDUCATION. 1998;19(2):41-54.

Joo KC, Ko SS. *The Prediction of Body Fat by using body compositional Parameters in Collegiate Women*. The Journal of Applied Science Technology. 1998;7(1):357-367.

Joo KC, Kim JH. *Comparison of Eccentric and Concentric Isokinetic Contractions of Quadriceps and Hamstring Muscles in Weight Lifters*. The Korean Journal of Sports Medicine. 1998;16(1):146-157.

Joo KC. *A Review : Physiological Consideration on Competitive Alpine Skiing*. The Journal of Applied Science Technology. 1997;6(1):263-290.

Cheon JW, Ko SS, **Joo KC**. *The Effect of Low-intensity Exercise and Warm-and Cool Bath on Recovery Process after Farmers' Work*. The Journal of Applied Science Technology. 1996;5(1):63-76.

Jun JW, **Joo KC**. *The Effect of Bicycle Pedaling on Lower Extremity Muscle Recruitment and Metabolic Rate*. The Journal of Applied Science Technology. 1996;5(1):47-62.

Jun JW, **Joo KC**. *The Effect of Exercise Recovery, Sauna Bath, and Massage on Blood Lactate Concentration and Anaerobic Power after Maximal Anaerobic Exercise*. The Journal of Applied Science Technology. 1995;4(1):197-208.

Jinjang SG, **Joo KC**, Ko SS. *Body Fat of Elementary and Middle School Students*. The Journal of Applied Science Technology. 1995;4(1):185-195.

Joo KC. *The Relation between %Body Fat, Plasma Cholesterol, HDL-Cholesterol and VO₂max*. The Journal of Applied Science Technology. 1994;3(1):235-247.

Joo KC, Jang CH. *The Experiment of Conconi-Test, a Non-invasive AT Measurement*. The Journal of Applied Science Technology. 1994;3(1):223-233.

Joo KC, Jung DS. *The Relation between Race Pace and both ventilator Threshold, Lactate Threshold and OBLA in Long Distance Runners*. Sports Science Review. 1992;12(3)

Joo KC. *Application of Interval Weight Training for Improvement of Basic Physical Fitness*. Sports Science Review. 1991;12(2):37-50

Article

Joo KC. *Exercise: Mechanism, Kinds, and Practical Methods for Preventing Coronary Artery Disease.* Practical Cardiology. 2010;6(2):6-11

Book Chapters

Textbook of Angiology, Korean Vascular Society, 2023

BOOKS TRANSLATION:

Naomi Aaronson, Ann Marie Turo. Pilates for Breast Cancer Survivors. 2014. Demos HEALTH (ISBN #978-1-936303-57-1

John Porcari, Cedric Bryant, Fabio Comana. Exercise Physiology. 2015. FA Davis (ISBN #9780803 625556)

Richard Johnson, Mark H. Swartz. A Simplified Approach to Electrocardiography. 2016. W.B SAUNDERS COMPANY (ISBN # 0-7216-1738-7)

Bruce D. Wingerd. The Human Body: Concepts of Anatomy and Physiology. 3rd Edition 2016. Lippincott Williams & Wilkins (ISBN # 978-1-6091-3344-3)

Peter H. Brubaker, Leonard A. Kaminsky, Mitchell H. Whaley. Coronary Artery Disease; Essentials of Prevention and Rehabilitation Programs. 2010. Human Kinetics (ISBN # 0-7360-2795-5)

American College of Sports Medicine. ACSMs Guidelines for Exercise Testing and Prescription. 8th Edition 2008. Lippincott Williams & Wilkins (ISBN # 0-7817-6903-5)

American College of Sports Medicine. ACSMs Guidelines for Exercise Testing and Prescription. 7th Edition 2006. Lippincott Williams & Wilkins (ISBN # 0-7817-4506-3)

American College of Sports Medicine. ACSMs Clinical Certification Review. Lippincott Williams & Wilkins (ISBN # 0-7817-2524-0)

Swain, David P., Ph.D., Leutholtz, Brian C. Exercise Prescription: A Case Study Approach to the ACSM Guidelines. 2nd Edition 2004. Human Kinetics (ISBN # 0-7360-6680-2)

American College of Sports Medicine. ACSMs Resource Manual for Guidelines for Exercise Testing and Prescription. 2004. Lippincott Williams & Wilkins (ISBN # 0-7817-3502-5)

PROFESSIONAL PRESENTATIONS:

Education for Healthcare Officials of Kwangju Metropolitan City: Exercise Prescription for Hypertension and Diabetes. (speaker). 2022. 10. 7

66th Annual Spring Scientific Conference of KSC with Affiliated Cardiac Societies & ACC. Endurance Exercise, mostly good but a few Concern (Speaker). 2022. 4.16

62th Annual Fall Scientific Conference of KSC. The Role of Exercise Physiologist in Heart Failure Management (Speaker). 2018. 10.11

62th Annual Fall Scientific Conference of KSC. Research for Future Cardiac Policy (Moderator). 2018. 10.11

61st ACSM annual meeting. Effect of Daily Caloric Expenditure on Coronary Artery Disease Risk Factors in Older Female Adults. 2014.05.30

Angioplasty-SUMMIT TCT-AP(Chair). 2012.04.27

Angioplasty-SUMMIT TCT-AP(Chair). 2011.04.27

Angioplasty-SUMMIT TCT-AP(Chair). 2010.04.27

Critical Role of Exercise for CAD Prevention (Speaker). Korean Society of Cardiovascular Disease Prevention. 2010.09.10

56th ACSM annual meeting. The Comparison of Effectiveness on balance and Isokinetic Strength between Ball and Treadmill Exercise (Speaker). 2009.06.01

Angioplasty-SUMMIT TCT-AP(Speaker). The Role of Cardiac Rehabilitation Program Personnel: Introduction. 2009.04.24

Ewha Women's University Cardiac & Vascular Center. The Efficacy of Exercise and Physical Activity in Cardiac Rehabilitation (Speaker). 2008.12.07

Korean Society for Health Promotion and Disease Prevention. Cardiac Rehabilitation in Older Adult (Speaker). 2008.09.05

55th ACSM annual meeting. The Effect of 12-week Dome Ball Exercise Program on Physical Function in Post-Stroke Patient (Speaker). 2009.06.01

13th Angioplasty-SUMMIT TCT-AP. Basic Principles of Exercise Prescription for Cardiac Patients (Speaker). 2008.04.25

Seoul Asan Medical Center. 1st Cardiac Rehabilitation Workshop (Speaker). 2007.12.08

Korean Society for Health Promotion and Disease Prevention. Cardiac Rehabilitation Case Study (Speaker). 2007.06.01

PROFESSIONAL WORKSHOP:

Coordinator of ACSM certification in Korea (From 2000 – current)

Examiner. ACSM-ES. Seoul Korea. July 2000

Certification Director. ACSM-ES. Cheongju, Korea. July 2002

Certification Director. ACSM-ES. Cheongju, Korea. July 2003

Work Shop Director. ACSM-CPT. Seoul, Korea. Sept 2014

Work Shop Director. ACSM-CPT. Seoul, Korea. Oct 2014

Work Shop Director. ACSM-CPT. Seoul, Korea. Nov 2014

Work Shop Director. ACSM-CPT. Seoul, Korea. Dec 2014

Work Shop Director. ACSM-CPT. Seoul, Korea. Jan 2015

Work Shop Director. ACSM-CES. Seoul, Korea. Mar 2015

Work Shop Director. ACSM-CPT. Seoul, Korea. July 2015

Work Shop Director. ACSM-CES. Seoul, Korea. Nov 2015

Work Shop Director. ACSM-CET. Seoul, Korea. Mar 2016

Work Shop Director. ACSM-CPT. Seoul, Korea. Aug 2016

Workshop and Certification Director. University of Northern Colorado Clinical Cancer Exercise Specialist. Seoul, Korea. 2016 - present