

Waris Wongpipit, PhD

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My research areas

- Physical Activity, Sedentary Behaviour, and Health
- Exercise/Physical Activity Metabolism

Education

- 2016 – 2020** **The Chinese University of Hong Kong, Hong Kong S.A.R.**
Doctor of Philosophy in Education (Sports Science and Physical Education)
(Hong Kong PhD Fellow)
- 2013 – 2014** **University of Glasgow, Scotland, United Kingdom**
Master of Research in Exercise Science
- 2009 – 2013** **Chulalongkorn University, Bangkok, Thailand**
Bachelor of Science (Sports Science), First Class Honours with Gold Medal Award

Work experience

- 2024 – Now** **Head, Division of Health and Physical Education** – Chulalongkorn University
- 2023 – Now** **Assistant Professor** – Chulalongkorn University
- 2023 – Now** **Assistant Dean (International Affairs and Global Network)** – Chulalongkorn University
- 2023 – Now** **Honorary Research Associate** – The Chinese University of Hong Kong
- 2023 – Now** **Research Fellow** – TPAK, Mahidol University
- 2020 – 2023** **Lecturer** – Chulalongkorn University
- 2020 – 2020** **Visiting Research Fellow** – Waseda University, Japan
- 2016 – 2016** **Junior Research Assistant** – The Chinese University of Hong Kong
- 2015 – 2016** **Lecturer** – Mae Fah Luang University, Chiang Rai, Thailand
- 2014 – 2014** **Sports Technical Committee** – 4th Asian Beach Games, Phuket, Thailand

Research

Publications (*Corresponding author)

Liangruenrom, N.*, Dumuid, D., Pedisic, Z., Widyastari, D.A., **Wongpipit, W.**, Katewongsa, P. (2025). Associations of Reallocation Time between Movement Behaviours with Adiposity and Physical Fitness among Employees: A Compositional Data Analysis. *BMC Public Health*, 25(1861), 1–10. doi: 10.1186/s12889-025-23165-6 (SJR Q1 (Public Health, Environmental and Occupational Health 82/699, 2024))

Yin, M., Li, Y., Chen., P., Mao, L., et al. (2025). Short Bouts of Accumulated Exercise: Review and Consensus Statement on Definition, Efficacy, Feasibility, Practical Applications, and Future Direction. *Journal of Sport and Health Sciences*. (In Press). (SJR Tier 1 (Physical Therapy, Sports Therapy and Rehabilitation 3/241, 2024))

Phongchin, W., Tingsabhat, S., Trongjitpituk, R., Reun-arom, T., Poon, E.T., & **Wongpipit, W.*** (2025). Effects of High-Intensity Rope-Skipping on Cardiorespiratory Fitness, Body Composition, and Enjoyment in Young Adults. *European Journal of Clinical Nutrition*. (In Press). doi: 10.1038/s41430-025-01575-4 (SJR Q1 (Nutrition and Dietetics 17/137, 2023))

Wongpipit, W.*, Dempsey, P.C., Zhang, X., Poon, E.T., Darumas, N., Miyashita, M., & Kulaputana, O. (2025). Light Walking Patterns and Postprandial Cardiometabolic Responses in Young Obese Adults: A Randomized Crossover Study. *The Journal of Clinical Endocrinology & Metabolism*. (In Press). doi: 10.1210/clinem/dgae789 (SJR Tier 1 (Endocrinology, Diabetes and Metabolism 20/243, 2023))

Poon, E.T., **Wongpipit, W.***, Li, H., Wong, S.H., Siu, P.M., Kong, A.P.S., & Johnson, N.A. (2024). High-Intensity Interval Training for Cardiometabolic Health in Adults with Metabolic Syndrome: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *British Journal of Sports Medicine*, 58, 1267–1284. doi: 10.1136/bjsports-2024-108481. (SJR Tier 1 (Physical Therapy, Sports Therapy and Rehabilitation 1/241, 2023))

Vinitchagoon, T., **Wongpipit, W.**, & Phansuea, P.* (2023). Gender Expression, Weight Status, and Risk of Experiencing Eating Disorders among Gender Diverse Adults Assigned Male at Birth in Bangkok, Thailand. *Nutrients*, 15(17), 3700. doi: 10.3390/nu15173700 (SJR Tier 1 (Nutrition and Dietetics 9/131, 2022))

Poon, E.T., Chan, K.W., **Wongpipit, W.**, Sun, F., & Wong, S.H.* (2023). Acute Physiological and Perceptual Responses to Whole-Body High-Intensity Interval Training Compared with Equipment-Based Interval and Continuous Training. *Journal of Sports Science and Medicine*, 22(3), 531–539. doi:10.52082/jssm.2023.532 (SJR Q1 (Physical Therapy, Sports Therapy and Rehabilitation 28/225, 2022))

Poon, E.T., **Wongpipit, W.***, Sun, F., Tse, A.C.Y., & Sit, C.H.P. (2023). High-Intensity Interval Training in Children and Adolescents with Special Educational Needs: A Systematic Review and Narrative Synthesis. *International Journal of Behavioral Nutrition and Physical Activity*, 20, 13. doi: 10.1186/s12966-023-01421-5 (SJR Tier 1 (Physical Therapy, Sports Therapy and Rehabilitation 4/234, 2022))

Chobphon, P.*, & **Wongpipit, W.** (2022). Driving Change: Guidelines for Developing Graduate Programs to Meet High International Standards. *Journal of Educational and Social Research*, 12(3), 98–109. doi: 10.36941/jesr-2022-0070 (SJR Q4 (Education 1176/1381, 2021))

Poon, E.T., Siu, P.M., **Wongpipit, W.**, Gibala, M., & Wong, S.H.* (2022). Alternating High-Intensity Interval Training and Continuous Training is Efficacious in Improving Cardiometabolic Health in Obese Middle-aged Men. *Journal of Exercise Science & Fitness*, 20(1), 40–47. doi: 10.1016/j.jesf.2021.11.003. (SJR Q1 (Physical Therapy, Sports Therapy and Rehabilitation 51/225, 2021))

Zhang, X., Sun, F., **Wongpipit, W.**, Huang, Y., & Wong, S.H.* (2021). Accuracy of Flash Glucose Monitoring during Postprandial Rest and Different Walking Conditions in Overweight or Obese Young Adults. *Frontiers in Physiology*, 12, 732751. doi: 10.3389/fphys.2021.732751 (SJR Q1 (Physiology 42/189, 2021))

Poon, E.T., **Wongpipit, W.**, Ho, R.S., & Wong, S.H.* (2021). Interval Training versus Moderate-Intensity Continuous Training for Cardiorespiratory Fitness Improvements in Middle-aged and Older Adults: A Systematic Review and Meta-Analysis. *Journal of Sports Sciences*, 39(17), 1996–2005. doi: 10.1080/02640414.2021.1912453 (SJR Tier 1 (Physical Therapy, Sports Therapy and Rehabilitation 16/213, 2019))

Wongpipit, W., Huang, Y., Miyashita, M., Tian, X.Y., & Wong, S.H.* (2021). Frequency of Interruptions to Prolonged Sitting and Postprandial Metabolic Responses in Young, Obese, Chinese Men. *Journal of Sports Sciences*, 39(12), 1376–1385. doi: 10.1080/02640414.2021.1874170
(SJR Tier 1 (Physical Therapy, Sports Therapy and Rehabilitation 16/213, 2019))

Zhang, X., **Wongpipit, W.**, Sun, F., Sheridan, S.E., Huang, Y., Sit, H.P., & Wong, S.H.* (2021). Walking Initiated 20 Minutes before the Time of Individual Postprandial Glucose Peak Reduces the Glucose Response in Young Men with Overweight or Obesity: A randomized crossover study. *Journal of Nutrition*, 151(4), 866–875. doi: 10.1093/jn/nxaa420
(SJR Tier 1 (Nutrition and Dietetics 8/131, 2019))

Wongpipit, W., Zhang, X., Miyashita, M., & Wong, S.H.* (2021). Interrupting Prolonged Sitting Reduces Postprandial Glucose Concentration in Young Men with Central Obesity. *The Journal of Clinical Endocrinology & Metabolism*, 106(2), e791–e802. doi: 10.1210/clinem/dgaa834
(SJR Tier 1 (Endocrinology, Diabetes and Metabolism 12/245, 2019))

Abstracts

22nd IUNS-ICN International Congress of Nutrition (Tokyo, Japan)

Zhong, Z., Wen, H., Kayoko, K., **Wongpipit, W.**, Nagayama, C., Li, G., Tataka, Y., Hiratsu, A., Yoshikawa, Y., & Miyashita, M. (2022). The Effect of Upper- and Lower-body Exercise on Postprandial Triglycerides in Healthy Young Men. (Poster award)

The 76th Japanese Society of Physical Fitness and Sports Medicine Annual Conference

Zhong, Z., Wen, H., Kamemoto, K., Nagayama, C., **Wongpipit, W.**, Li, G., Tataka, Y., Hiratsu, A., Yoshikawa, Y., & Miyashita, M. (2021). Effect of Different Modes of Exercise on Postprandial Triglycerides in Young Men. (Oral presentation)

吉川由恵, Zhentao Zhong, Haixin Wen, 亀本佳世子, 永山千尋, **Waris Wongpipit**, Ge Li, 田高悠晟, 平津彩野, & 宮下政司. (2021). 正常血圧若年男性における運動様式の違いが運動後の血圧に及ぼす影響 (The Effect of Different Modes of Exercise on Post-exercise Blood Pressure in Normotensive Young Men). (Oral presentation)

American College of Sports Medicine Annual Meeting 2021 (Virtual online)

Poon, E.T., **Wongpipit, W.**, Ho, R.S., & Wong, S.H. (2021). Interval Training for Cardiorespiratory fitness in Middle-aged and Older Adults: A Systematic Review and Meta-analysis. *Medicine & Science in Sports & Exercise*, 53(8S), 237.

Zhang, X, Sun, F., **Wongpipit, W.**, & Wong, S.H. (2021). Accuracy of Continuous Glucose Monitoring during Postprandial Resting and Exercise in Overweight/Obese Young Adults. *Medicine & Science in Sports & Exercise*, 53(8S), 290.

American College of Sports Medicine Annual Meeting 2020 (Virtual online)

Poon, E.T., **Wongpipit, W.**, Sheridan, S., & Wong, S.H. (2020). Combination of High-Intensity Interval Training and Moderate-intensity Continuous Exercise on Cardio-metabolic Responses in Physically Inactive Middle-aged Adults. *Medicine & Science in Sports & Exercise*, 52(7S), 442.

Zhang, X, Sheridan, S., **Wongpipit, W.**, & Wong, S.H. (2020). Effect of Post-meal Individualized Exercise Timing on Postprandial Glycaemia in Insufficiently Active Overweight/obese Young Males. *Medicine & Science in Sports & Exercise*, 53(7S), 438.

Wongpipit, W., Miyashita, M., & Wong, S.H. (2020). Interrupting Prolonged Sitting with Different Walking Intensities and Durations: Effects on Resting Blood Pressure. *Medicine & Science in Sports & Exercise*, 52(7S), 892.

American College of Sports Medicine Annual Meeting 2019 (Orlando, United States)

Wongpipit, W., Yu, J.J., & Wong, S.H. (2019). Patterns of Interrupting Prolonged Sitting and Postprandial Triglycerides in East-Asian Young Men with Central Obesity. *Medicine & Science in Sports & Exercise*, 51(6S), 976.

European College of Sports Science Congress 2018 (Dublin, Ireland)

Wongpipit, W., Leung, E.M., Chao, X.Z., Fu, X., Yu, J.J., & Wong, S.H. (2018). Breaking up Prolonged Sitting and Postprandial Glucose in Active Young Male Adults with Central Obesity.

International Society of Behavioural Nutrition and Physical Activity 2018 (Hong Kong)

Wongpipit, W., Yu, J.J., & Wong, S.H. (2018). Interrupting Prolonged Sitting and Resting Blood Pressure in Young Men with Central Obesity.

American College of Sports Medicine Annual Meeting 2017 (Denver, United States)

Wongpipit, W., Poon, E.T., Chung, A.P., Sheridan, S.E., & Wong, S.H. (2017). Perceived Enjoyment Responses to High-Intensity Interval Exercise and Continuous Exercise in Physically Inactive Young Men. *Medicine & Science in Sports & Exercise*, 49(5S), 232.

Poon, E.T., Chung, A.P., **Wongpipit, W.**, Sheridan, S.E., & Wong, S.H. (2017). Adherence-Related Psycho-Perceptual Responses of High-Intensity Interval Training in Physically Inactive Middle-Aged Adults. *Medicine & Science in Sports & Exercise*, 49(5S), 228.

The British Association of Sport and Exercise Sciences Conference 2014 (United Kingdom)

Hawari, N.S., McMichan, L., Martin, G., **Wongpipit, W.**, & Gill, J.M.R. (2014). Determining Stepping Rate, Speed, and Exercise Intensity Using a Triaxial Accelerometer: Effect of Accelerometer Positions. *Journal of Sports Sciences*, 32(S2), s30.

Research grants (Principal investigator)

2025–2025 Grants for Development of New Faculty Staff Year 3–Chulalongkorn University

2022–2023 Grants for Development of New Faculty Staff Year 2–Chulalongkorn University

2022–2024 Research Grant for New Scholar– the Ministry of Higher Education, Science, Research and Innovation

2021–2022 Grants for Development of New Faculty Staff Year 1–Chulalongkorn University

2021–2021 Research Grants–Graduate School, Chulalongkorn University

2021–2022 Research Grants–Chulalongkorn University Academic Testing Center

2021–2022 Research Grants–Academic Affairs, Chulalongkorn University

Members

- Journal of Exercise Science and Fitness	Editorial board
- American College of Sports Medicine	Member
- European College of Sports Science	Member
- International Society of Behavioural Nutrition and Physical Activity	Member
- International Society for the Advancement of Kinanthropometry	Member
- Endocrine Society	Member
- Asia-Pacific Society for Physical Activity	Member

Speaking invitations

International invited talks

- Waseda University, Japan
- The Education University of Hong Kong, Hong Kong S.A.R.
- University of Macau, Macau S.A.R.
- Asian College of Exercise & Sports Science
- Asia-Pacific Society for Physical Activity Early Careers' Research Showcase co-organized by the Asia Committee and the Early Career Network Committee of Asia-Pacific Society for Physical Activity

Domestic invited talks

- Faculty of Sports Science, Chulalongkorn University, Bangkok, Thailand
- Faculty of Dentistry, Khon Kaen University, Khon Kaen, Thailand
- Thai Union Group PCL, Bangkok, Thailand
- Institute for Population and Social Research, Mahidol University, Thailand
- International Conference on Physical Activity and Sports, Khon Kaen University, Khon Kaen, Thailand
- The 1st Thailand Physical Activity Conference, Thai Health Promotion Foundation
- Thai Association for Health, Physical Education and Recreation
- College of Sports Science and Technology, Mahidol University, Nakhon Pathom, Thailand
- Thai Health Promotion Foundation, Bangkok, Thailand

Certificates

- **The Leader Prospects: CU Management Development Program, Leading the Leaders**
- **ISAK Certified Anthropometrist Level 1**, International Society for the Advancement of Kinanthropometry
- **Basic Life Supports (CPR & AED)**, American Heart Association
- **The Professional Development Course for Teaching Assistants**, CUHK
- **Research Ethics Training (Laboratory Animals Ethics, Publication Ethics, Survey and Behavioural Ethics, and Human Subject Ethics)**, CUHK
- **IRB members, Researchers, Faculty members – Basic/Refresher**, CITI Program
- **Responsible Conduct of Research**, CITI Program
- **CITI Conflicts of Interest**, CITI Program
- **Good Clinical Practice Course for Clinical Trials Involving Drugs (ICH focus)**, CITI Program

I certify the above information to be accurate and correct.

Date: 14 July 2025

Signature
Name

Waris Wongpipit