



Asst. Prof. Theerasak Boonwang, Ph.D.

Department of Sports and Health Science

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Education

2018. Ph.D. (Exercise and Sport Sciences) Khon Kaen University, Khon Kaen, Thailand.

2009. M.S. (Movement and Exercise Science) Chiang Mai University, Chiang Mai, Thailand.

2000. B.S. (Physical Therapy) Khon Kaen University, Khon Kaen, Thailand.

Positions

Assistant Professor

Skills

Athlete massage and recovery, Athlete Movement analysis

Awards

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Specialization

Athlete massage and recovery, Athlete Movement analysis

Course Taught

Recovery and Sports massage, Biomechanics in Sports, Motor Learning

Publications

Boonwang, T., Patarachao, P. ., Konthasing, P. ., Namwaing, P. ., Chainarong, A., Khamsai, S., Sawanyawisuth, K., & Wiyaporn, P. . (2025). Factors associated with aerobic and anaerobic capacities in boy adolescent hill tribe collective sports in Thailand. *Asia-Pacific Journal of Science and Technology*, 30(03), APST-30. <https://doi.org/10.14456/apst.2025.33>

Promkeaw, D., Yingyongsaksri, S., Namkorn, P., & **Theerasak Boonwang**. (2024). Changes in lower limb muscle activity after fatigue protocols during a side cutting movement in subjects with functional instability of the ankle joint. *Songklanakarin J. Sci. Technol.*, 46(6), 551-557.

Juntiya, V., Konthasing, P. ., **Boonwang, T.** ., & Wiyaporn, P. . (2023). The Effect of Fartlek Running on Energy Expenditure on Walking and Running Route in Mae Fah Luang University. *Journal of Health Science and Alternative Medicine*, 5(01), 1-5. <https://doi.org/10.14456/jhsam.2023.1>

Puthachad Namwaing, Kittisak Sawanyawisuth, Waraporn Sakaew, Wittaya Chadbunchachai, Guntaragorn Hongrattana, Wannapai Chanwised, Austtasit Chainarong, Tawatchai Impool, **Theerasak Boonwang**, Lertwanlop Srisaphonphusitti, Weerapong Chidnok, Nuanprang Duangsawang, Surumpa Charoensuk Kaewwong, Tanapol Kaewwong. (2022). 284 A 10-year cohort study of traumatic brain injury at tertiary care hospital. *Injury Prevention*. Vol.28 Issue Suppl 2: A43.2-A43. doi: 10.1136/injuryprev-2022-safety2022.130

Boonwang, T., Namwaing, P., Srisaphonphusitti, L., Chainarong, A., Kaewwong, S.C., Kaewwong, T., Duangsawang, N., Sawanyawisuth, B., Ngamjarus, C., Sawanyawisuth, K., & Khamsai, S. (2022). Esports may improve cognitive skills in soccer players: A systematic review. *Asia Pacific Journal of Science and Technology*. 27(3): Vol.27 Issue 03. Article ID: APST-27-0303. 1-6. doi.org/10.14456/apst.2022.44

ธีรศักดิ์ บุญวัง, ปวีณ วียาภรณ์, ภาณุพงศ์ ภัทรเชาว์, วรเชษฐ์ จันติยะ, และ พิษชาภา คนธสังข์. (2563). ผลลัพธ์ของการตีเทปกล้ามเนื้อข้อเท้าต่อนักกีฬาระดับมหาวิทยาลัย. *วารสารมหาวิทยาลัยคริสเตียน*. 26(2). 61-71.

Theerasak Boonwang. (2007) Effects of cell phone conversation on driving performance. Chiang Mai University/Chiang Mai.

Experience

Sports Science Team, Sports Authority of Thailand Chiang Rai, 2020

Sports Massage Training Lecturer, Sports Authority of Thailand Surat Thani, 2017