

Curriculum Vitae
Kuo, Chia-Hua, Ph.D. FACSM

Office Contact

University of Taipei

Teaching Appointment

Distinguished Professor
Institute of Sports Sciences
University of Taipei, Taipei, Taiwan

Education

Ph.D. (Interdisciplinary: Exercise Physiology, Biochemistry and Molecular Biology) University of Texas at Austin, 1994-1997
M.A. (Kinesiology) University of Texas at Austin, 1991-1994
B.A. Fu Jen University, 1984-1988

Administrative Experience

University of Taipei, Taipei, Taiwan

Dean, Research and Development, University of Taipei (2013-2019)
Dean, College of Kinesiology (2019-2022)
Chair, Institute of Sports Sciences (2007-2013)
Director, Research Institute for Sports Science (2005-2007)
Director, Computation Center (1998-2002)

Academic Experience

Professor (2003-present), Associate professor (2000-2003), Assistant professor (1997-2000), Institute of Sports Sciences, University of Taipei.
Affiliate Professor (2007-2015), Department of Food Science, Nutrition and Nutraceutical Biotechnology, Shih-Chien University.
Affiliate Research Professor (2010-2016), Graduate Institute of Rehabilitation Science, China Medical University.

Research Specialization

Human Performance and Sports Nutrition
Human Metabolism and Aging

Recognition

Distinguished Professor, University of Taipei (2015)
Fellow, American College of Sports Medicine (2011)
World-Class Professor (2021), Directorate General of Higher Education, Research, and Technology, Ministry of Education, Culture, Research, and Technology, Indonesia
Foreign Experts, Guangdong Province, China (2022)
Chair Professor, Soochow University, China (2023)

Service

Scientific Reviewer/Advisor (2021-2023), Prince Faisal Bin Fahd research grant (LDI), International Academy of Sport Science & Technology (AISTS), Lausanne, Switzerland
President (2021-2023), Asian Nutrition Society for Sports & Health

President (2015-2018), International Society for Adaptive Medicine
President (2015-2020), Taiwan Society for Sports Nutrition
Chair, National Guideline Panel for Anti-Fatigue Food Supplement (2016), FDA, Ministry of Health and Welfare, Taiwan ROC
Grant panel member, Ministry of Science and Technology, Taiwan, ROC
Board member, FDA, Ministry of Health and Welfare (2010-now), Taiwan, ROC
Chair, Committee of Sports Nutrition for Olympic, Sports Affair Council (2010-2012)
External grant reviewer, National Research Foundation of Korea (NRF)
External grant reviewer, National Institute of Education, Singapore
External grant reviewer, AISTS (International Academy of Sport Science and Technology) External grant reviewer, Prince Faisal Bin Fahad Award for Sport Research, Leaders Development Institute, Saudi Arabia
External Ph.D. examiner in India: University of Madras, Justice Basheer Ahmed Sayeed College for Women, Alagappa University, Annamalai University, Thiruvalluvar University
Visiting Professor, Soochow University, China
Visiting Professor, University of Malaya, Malaysia
Outstanding research award in sports science (2006, 2007, 2008, 2009, 2010, 2012), Sports Administration Ministry of Education, Taiwan

Editorial Service

Associate Editor, Journal of Traditional and Complementary Medicine
Associate Editor, Frontiers in Physiology
Editor-in-Chief, Sports & Exercise Research

Journal Reviewer for 25 Peer-reviewed journals.

Publications

➤ Book

1. Kuo, CH. DHEA-S and coping capability. DHEA in Human Health and Aging; Editor: Watson, Ronald Ross, Publisher: Taylor & Francis Inc, ISBN: 9781439838839, Publication date: 20 July 2011
2. Wang PS, Kuo CH, Takeda N, Singal PK. Adaptation Biology and Medicine: Volume 6: Cell Adaptations and Challenges, International Society for Adaptive Medicine, ISBN: 978-81-7319-935-6, Publishing Year: 2011

➤ Authors of 236 articles in Peer-reviewed journals.

Invited speaker at international level (45 lectures)

Recent Research Grants (2015-present)

1. Principal Investigator (2022-2025), Effects of BFR-training on cellular senescence and myofiber regeneration in human skeletal muscle (NT 4.6 M, Ministry of Science & Technology).
2. Principal Investigator (2022-2023), Effects of amino acid supplementation on senescence-lowering effect of exercise in human muscle stem cells (NT 1.94 M, Top-Pharm & Biotech, Taiwan).
3. Principal Investigator (2021-2022), Designing rhodiola-cordyceps-based sports beverage (NT 1.2 M, Ministry of Science & Technology).
4. Principal Investigator (2021-2022), Evaluating ginsenoside Rg1-based sports nutrition supplements on lowering senescence in exercised human skeletal muscle among older adults (NT 1.7 M, Ministry of Science & Technology in Taiwan + Nuliv Science).
5. Principal Investigator (2019-2022), Effect of concentric contraction-based exercise on senescent cells in human skeletal muscle: Role of inflammation (NT 3,76 M, Ministry of Science & Technology in Taiwan).
6. Principal Investigator (2020-2021), Designing rhodiola-cordyceps-based sports beverage (NT 1,20 M, Ministry of Science & Technology in Taiwan).

7. Principal Investigator (2018-2019), Designing Rg1-standardized sports supplements for human performance enhancement and senescent cell clearance. (NT 1.26 M, Ministry of Science & Technology in Taiwan).
8. Principal Investigator (2016-2018), Effect of Rg1 supplementation on mobility and longevity in rats. Role of cGMP. (NT 3.3 M dollars, Ministry of Science & Technology, Taiwan)
9. Principal Investigator (2015-2016), Designing energy drink from deep ocean minerals, (NT 0.8 M dollars, Uni-President Corporation, Taiwan)
10. Principal Investigator (2015-2016), Dose-response of ginseng steroid Rg1 on high intensity endurance performance and post-exercise recovery in glycogen, (NT 1.27 M dollars, Nuliv Science, Taiwan)
11. Principal Investigator (2015-2016), Effect of deep ocean water on post-exercise fatigue recovery in humans, (NT 0.7 M dollars, Taiwan Yes Deep Ocean Water Co. ltd, Taiwan)