



Yun-A Shin

Dankook University, Korea

• Education

Period	Affiliation	Position
– 2003-2008	Seoul National University, Graduate School of Physical Education, Exercise Physiology major	Doctorate
– 1990-1996	Ewha Womans University, Department of Sports Science	B.A., M.A.

• Affiliations / Experience

Period	Affiliation	Position
– 2020-Present	NSCA-Korea / Korea Coaching Association Chungnam Center	President
– 2020-Present	Korean Society for The Study of Obesity/ Korean Academy of Kinesiology	Vice President
– 2008-Present	Dankook University, Department of Exercise Prescription and Rehabilitation	Professor

• Committee Memberships

- National Research Foundation of Korea

• Publications

- Physical Activity Time is the most important of Mortality Risk Reduction in Middle Aged. Yun-A Shin *et al.*(2022). The Society for Transdisciplinary Studies
- The Effects of Obesity and Physical Activity on Dyslipidemia in Persons with Type 2 Diabetes. Yun-A Shin *et al.* (2022). Korean Academy of Kinesiology
- Moderate-Intensity Exercise Preserves Bone Mineral Density and Improves Femoral Trabecular Bone Microarchitecture in Middle-Aged Mice. SY Lee, YA Shin *et al.* (2022). Korean Society for Bone and Mineral Research
- Grip Strength Measurement in the Right Hand Better Predicts Mortality Regardless of Dominant Hand. YA Shin *et al.* (2021). Exercise Science
- Trabecular bone microarchitecture improvement is associated with skeletal nerve increase following aerobic exercise training in middle-aged mice. SY Lee, YA Shin *et al.* (2021). Frontiers