



Sechang Oh

R Professional University of Rehabilitation, Japan

• Education

Period	Affiliation	Position
– 2011-2014	Sports Medicine, University of Tsukuba, Ibaraki, Japan	Ph.D.
– 2009-2011	Health and Sport sciences, University of Tsukuba, Ibaraki, Japan	M.Sc.
– 2005-2007	Physical Education, Chung-Ang University, Seoul, Korea	M.Sc.
– 1998-2005	Physical Education, Chung-Ang University, Seoul, Korea	B.Sc.

• Affiliations / Experience

Period	Affiliation	Position
– 2022-Present	Rehabilitation, R Professional University of Rehabilitation, Ibaraki	Professor
– 2019-2021	Medical Science, University of Tsukuba, Ibaraki	Assistant Professor
– 2016-2019	Medical Science, University of Tsukuba, Ibaraki	Research Fellow
– 2016-2019	Center of Sports Medicine and Health Sciences, Tsukuba University Hospital, Ibaraki	Chief Research / Technical Fellow
– 2014-2016	The Japan Society for the Promotion of Science, Tokyo	International Research Fellow

• Committee Memberships

- The Japanese Society of Gastroenterology
- The Japan Society of Hepatology
- National Strength and Conditioning Association
- Japan Society of Physical Fitness and Sports Medicine
- Japan Society of Health Promotion

• Publications

- S. Oh*, K. Tanaka, E. Warabi, J. Shoda: Exercise reduces inflammation and oxidative stress in obesity-related liver diseases, "Med Sci Sports Exerc" 45, 2214-2222
- S. Oh*, T. Shida, K. Yamagishi, K. Tanaka, T. Tsujimoto, R. So, J. Shoda: Moderate to vigorous physical activity volume is an important factor for managing non-alcoholic fatty liver disease: A retrospective study, "Hepatology" 61(4), 1205-1215
- S. Oh*, R. So*, T. Shida, T. Matsuo, B. Kim, K. Akiyama, T. Isobe, Y. Okamoto, K. Tanaka, J. Shoda: High-intensity aerobic exercise improves both hepatic fat content and stiffness in obese men with nonalcoholic fatty liver disease, "Sci Rep." 7, 43029
- S. Oh*, T. Tsujimoto, B. Kim, F. Uchida, H. Suzuki, S. Iizumi, T. Isobe, T. Sakae, K. Tanaka, J. Shoda: Weight-Loss-Independent benefits of regular exercise on steatosis and stiffness in Japanese men with NAFLD: A retrospective study, "JHEP Rep", 3(3), 100253
- N. Oshida*, S. Oh*, B. Kim, I. Miura, N. Hasegawa, S. Komine, T. Isobe, J. Shoda: Muscle quality as a potential diagnostic marker of advanced liver fibrosis in patients with non-alcoholic fatty liver disease, "J Obes Metab Syndr". Accepted