



Dr. Yuthana Udomphorn

National Center Director

Yuthana Udomphorn, M.D.

Affiliation

Dean, College of Sports Science and Technology, Mahidol University

National Center Manager

Metta Pinthong, MSc, Ph.D.

Affiliation

Deputy Dean, College of Sports Science and Technology, Mahidol University

Host Institution – Mahidol University

The College of Sports Science and Technology is one of the faculties of Mahidol University (MUSS), located in the suburban campus of Salaya, Nakhon Pathom province, 50 km west of Bangkok. MUSS was established in 1989 as the School of Sports Medicine, Faculty of Medicine Siriraj Hospital to produce graduates in the field of sports science who will be able to work in a variety of settings including academic institutes, fitness centers, sport clubs/teams, hospitals, and rehabilitation clinics. MUSS strives towards academic and service excellence by conducting research, outcome-based education, and providing comprehensive services (e.g., exercise and sports consultant, sports event management), in addition to helping individuals and communities enjoy the health benefits of regular physical activity and enhance athletic performance across a wide range of sports through collaboration across sectors at the local, national and international levels.



NC Advisory Board

Affiliation

Yuthana Udomphorn, M.D.	Dean, College of Sports Science and Technology, Mahidol University
Woraphon Aramrussamekul, M.D.	Assistant to the President, Srinakharinwirot University
Apichat Asavamongkolkul, M.D., Ph.D.	Dean, Faculty of Medicine, Siriraj Hospital, Mahidol University
Udom Asawutmangkul, M.D.	Director, Division of Physical Activity and Health, Department of Health, Ministry of Public Health
Poramet Hemarachatanon, Ph.D.	Director, Department of Sport Science and Exercise, School of Medicine, Walailak University
Kotchakorn Jumreongketpratheep, M.D.	Assistant Dean, College of Sports Science and Technology, Mahidol University
Montien Kanasawat, M.D.	Deputy Director-General, Department of Health, Ministry of Public Health
Ekavit Keyurapan, M.D.	President, Thai Orthopedic Society for Sports Medicine

NC Advisory Board

Affiliation

Pinit Kullavanijaya, M.D.

- President, Sports Medicine Association of Thailand
- Vice President, Asia Federation of Sports Medicine

Arth Nana, M.D.

- Deputy Chief & Medical Director – Group 1, Bangkok Dusit Medical Services Public, Co Ltd

Wanee Nitiyanant, M.D.

- Chair, Diabetes Association of Thailand Under the Patronage of Her Royal Highness Princess Maha Chakir Sirindhorn

Metta Pinthong, Ph.D.

- Deputy Dean for Education, College of Sports Science and Technology, Mahidol University

Chatchadaporn Pituksathienkul

- Sports Development, Department of Physical Education, Ministry of Tourism and Sports

Suchada Saovieng, Ph.D.

- Assistant Dean, College of Sports Science and Technology, Mahidol University

Apichai Wattanapisit, M.D.

- Associate Professor, School of Medicine, Walailak University

2025 Goals

- Revise EIM Thailand training course
- Increase the number of physicians and healthcare providers that have received EIM training and are actively engaged in the assessment, prescription and counseling of physical activity in healthcare systems
- Integrate the course into the residency training program for Preventive Medicine (Lifestyle Medicine) and other health-related professional programs
- Explore new partners and collaborators for EIM activities
- Increase the number of sport and exercise professionals that have received EIM training and/or are certified by the EIM Thailand National Center and are actively engaged in providing guidance to individuals based on the core EIM principles
- Integrate physical activity as a vital sign and implement principles of EIM into hospitals and healthcare systems throughout Thailand

Accomplishments to Date

- Officially established EIM Thailand (2015), completed a re-organization of EIM Thailand advisory board (2023)
 - Conducted 2 trainings for 70 healthcare professionals (physicians, physical therapists, exercise scientists) and 1 training for 52 exercise professionals (2024)
 - Integrated EIM (PA assessment, prescription and referral to physical therapists and exercise professionals into the sports clinic in the Mahidol University health system (2024)
 - Integrated physical activity training into the 2nd and 3rd year of medical school at Srinakarinwirot University
 - Worked with the Golden Jubilee Medical Center to integrate EIM into their health system
 - Created practical EIM guidelines on prescribing exercise for specific groups/conditions
 - Media marketing of EIM Thailand through their website, Facebook, and mass communication (TV, newspaper, and magazines)
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