

CURRICULUM VITAE

(Updated May 2026)

Yuhang Gao

Shenzhen University | Master of Education, Physical Education | Pediatric Obesity & School-Based Exercise Interventions

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RESEARCH PROFILE

Master's student in Physical Education at Shenzhen University with a research focus on school-based exercise interventions for youth with obesity. Experienced in randomized controlled trials evaluating HIIT, sprint-interval training, and concurrent training under real school physical education settings. Research interests include pediatric obesity, body composition, cardiorespiratory fitness, bone health, exercise prescription, and public health approaches to youth physical activity promotion.

EDUCATION

Shenzhen University | 2023.09-2026.06 (Expected)

Master of Education, Subject-Specific Instruction - Physical Education

Advisor: Assoc. Prof. Meng Cao | GPA: 3.48/4.00; Average score: 86.3/100

Henan Agricultural University | 2019.09-2023.06

Bachelor of Education, Social Sports Guidance and Management; Bachelor of Laws (Second Degree)

GPA: 3.70/5.00; Weighted average score: 86.95/100

RESEARCH INTERESTS

Pediatric obesity; school-based physical activity intervention; high-intensity interval training; sprint-interval training; concurrent training; body composition; cardiorespiratory fitness; bone health; exercise prescription; public health and health promotion.

PUBLICATIONS

Published / Accepted

1) Gao Y., et al. Effects of school-based concurrent training on body composition and cardiorespiratory fitness in obese children in a randomized controlled trial. *Scientific Reports*, 15, 33300 (2025). DOI: 10.1038/s41598-025-19041-3

2) Gao Y., Cao M., Xie Y., et al. Weekly Frequency of School Based HIIT Improves Adiposity and Fitness in Children with Obesity. *iScience*. Published online April 11, 2026:115715. doi:10.1016/j.isci.2026.115715

Under Review

3) Gao, Y., Cao M., et al. Exercise Order in School-Based Concurrent Training for Adolescents with Obesity. *iScience*. Under pre-acceptance formatting checks.

In Preparation

4) Gao, Y., Cao M., et al. Protocol for a School-Based HIIT Intervention in Adolescents with Obesity: Study Design and Methodology. First author. Manuscript finalized. Preparing for submission.

5) Gao, Y., Cao M., et al. Dose-Response Effects of Weekly HIIT Frequency on Metabolic, Bone, and Fitness Adaptations in Adolescents with Obesity: A 12-Week School-Based Pilot RCT. Manuscript finalized. Preparing for submission.

6) Gao, Y., Lin Z., et al. Effects of Cheerleading Training on Physical Fitness and Positive Emotional Experience in Adolescent Girls: A School-Based Intervention Study. First author. Manuscript in preparation.

7) Gao, Y., Chen, Y., et al. Effects of School-Based High-Intensity Functional Training on Lower-Limb Strength and Basketball-Related Performance in Junior High School Students. First author. Manuscript in preparation.

CONFERENCE PRESENTATIONS

Oral Presentations

1) Dose-Response of Weekly High-Intensity Interval Training Frequency on Adiposity and VO₂max in Children with Obesity: A Randomized Trial. First author. Accepted for oral presentation at the American College of Sports Medicine (ACSM) Annual Meeting, Salt Lake City, USA, 2026.

2) Exercise Order in Sprint-Interval-Based Concurrent Training for Adolescents with Obesity: A Randomized Controlled Trial. First author. Accepted for oral presentation at the ICSPAH 2026 Annual Conference, Kansas City, Missouri, USA. Submission ID 86.

3) The Effects of School-Based Concurrent Training on Body Composition and Cardiorespiratory Fitness in Obese Children. Gao, Y. (Presenter/First author), Cao, M., Wu, M. Oral presentation at ICSPAH 2024, Beijing, China. Abstract A156.

4) Obese Adolescents: Exploring the Relationship Between HIIT Frequency and Weight Loss Effects. Wu, M. (Presenter/First author), Cao, M., Gao, Y. Oral presentation at ICSPAH 2024, Beijing, China. Abstract A174.

Poster Presentations

1) Dose-Response Effects of Weekly HIIT Frequency on Metabolic, Bone, and Fitness Adaptations in Obese Adolescents: A 12-Week Pilot RCT. Gao, Y. (Presenter/First author), Shao, S., Cao, M. Poster presentation at the 31st Annual Congress of the European College of Sport Science (ECSS), Lausanne, Switzerland, 2026.

- 2) Effects of Two SIT-Centered Concurrent Training Programs in a School Setting on Health Indicators in Children with Obesity. Gao, Y. (First author), Cao, M., Wu, M., Chen, J., Feng, Z. Poster presentation at the 14th National Sports Science Congress, Wuhan, China, 2025. Paper ID: 26688.
- 3) Dose-Response Effects of Weekly HIIT Frequency on Cardiorespiratory Health in Adolescents with Obesity. Wu, M. (First author), Cao, M., Gao, Y. (Third author), Chen, J., Feng, Z. Poster presentation at the 14th National Sports Science Congress, Wuhan, China, 2025. Paper ID: 37654.

RESEARCH EXPERIENCE

1) School-Based HIIT Frequency Trial in Youth with Obesity | Shenzhen University | 2024–2026

- Led the full implementation of a 12-week school-based high-intensity interval training trial in children/adolescents with obesity under real physical education class constraints, with supervision from the principal investigator on study design.
- Independently coordinated intervention delivery, participant testing, adherence monitoring, safety supervision, data management, statistical analysis, manuscript drafting, reviewer responses, and conference abstract preparation.
- Compared different weekly HIIT frequencies and assessed BMI z-score, waist circumference, body composition, cardiorespiratory fitness, blood pressure, bone-related indicators, and selected cardiometabolic outcomes.
- Developed practical experience in translating exercise intervention protocols into low-equipment, time-efficient, safe, and school-compatible obesity-management programs.

2) Sprint-Interval-Based Concurrent Training Order Trial | Shenzhen University | 2024–2026

- Led a school-based randomized trial examining whether within-session exercise order influenced adaptations to bodyweight resistance exercise and sprint-interval training in adolescents with obesity.
- Managed the complete field research process, including participant organization, exercise supervision, intervention fidelity control, attendance tracking, adverse event monitoring, outcome testing, data cleaning, statistical analysis, and manuscript revision.
- Analyzed outcomes related to body composition, cardiorespiratory fitness, functional fitness, and DXA-based bone-related indicators.
- Emphasized real-world implementation in junior high school physical education settings, with particular attention to feasibility, student safety, and class-based delivery.

3) Lifestyle Intervention Collaboration with Prof. Mi's Team | Capital Medical University | 2025.04–2025.12

- Participated in a collaborative lifestyle intervention project with Prof. Mi's research team at Capital Medical University.
- Assisted with intervention implementation, participant management, health-related data collection, and follow-up procedures.
- Contributed to a multidisciplinary lifestyle intervention framework integrating physical activity, health behavior, and obesity prevention.
- Strengthened experience in cross-institutional collaboration and public health-oriented intervention research.

4) Regional Testing Lead, South China Region | Li-Ning Sports Science Research Center | 2025.12–2026.01

- Served as the South China regional lead tester for a sports science testing project conducted by the Li-Ning Sports Science Research Center.
- Coordinated testing procedures, personnel arrangement, participant scheduling, and quality control across field testing sessions.
- Assisted with standardized physical performance assessments and data collection for applied sports science research.
- Developed experience in industry-based sports science testing, field coordination, and professional communication with corporate research teams.

5) Energy Calibration Experiment for AEKE Smart Mirror System | Shenzhen University / AEKE | 2023.09–2024.01

- Served as the lead coordinator for an energy expenditure calibration project for the AEKE smart mirror exercise system.
- Organized participant testing, standardized exercise procedures, device-based measurement protocols, and on-site quality control.
- Coordinated communication among researchers, company staff, testers, and participants to ensure consistency of data collection.
- Gained experience in industry–university collaboration, exercise technology evaluation, and applied sports science testing.

6) Public Weight-Management Summer Camp for Children and Adolescents | Nanshan Maternal and Child Health Hospital, Shenzhen | Summers 2024 and 2025

- Served as an exercise coach in two consecutive public-benefit summer weight-management camps for children and adolescents with overweight or obesity.
- Delivered exercise sessions, supervised training safety, monitored participant engagement, and supported health education activities.
- Worked with hospital staff and multidisciplinary teams to support pediatric weight management in a community health service context.
- Developed practical experience in translating exercise intervention principles into child-friendly, real-world health promotion programs.

7) School-Based Exercise Intervention Project in Six Primary Schools | Shenzhen | 2024 and 2025

- Participated in a multi-school exercise intervention project conducted across six primary schools in Shenzhen.
- Assisted with exercise session implementation, physical fitness testing, participant organization, and field data collection.
- Supported standardized procedures across multiple school sites to improve consistency and comparability of intervention delivery.
- Gained experience in large-scale school-based physical activity promotion and multi-site field coordination.

HONORS & AWARDS

- National Scholarship for Master's Students, Ministry of Education of China, 2025
- First-Class Academic Scholarship, Shenzhen University, 2025
- Outstanding Presentation Award, ICSPAH Annual Conference, 2024
- Special-Grade Academic Scholarship, Shenzhen University, 2023
- Recommended for Master's Admission without National Graduate Entrance Examination, Henan Agricultural University, 2023
- Outstanding Student of University and Outstanding Student, School of Physical Education, Henan Agricultural University, 2021-2022
- Chief Referee, Special Volleyball Skills Competition, Henan Agricultural University, 2022
- Most Beautiful Cultural Volunteer, Luoyang Municipal Bureau of Culture, Radio, TV and Tourism, 2021
- Excellent Volunteer, Luanchuan County Library, 2020

VOLUNTEERING AND LEADERSHIP

Sports Event Volunteer | Shenzhen & Zhengzhou, China | 2022-2025

- Supported major sporting events including Shenzhen Marathon, Zhengzhou-Kaifeng Marathon, and the 15th National Games of the PRC.
- Assisted with athlete check-in, route and venue guidance, crowd-flow management, aid-station support, and spectator services.

COVID-19 Control Volunteer | Luanchuan County, Henan, China | 2020

- Assisted with temperature screening, crowd-flow management, and community public health education during local pandemic-control operations.

ENTREPRENEURIAL EXPERIENCE

Founder, Luoyang Cloudy Village Agricultural Technology Co., Ltd. | Oct 2020 – Mar 2025

- Established an agricultural technology company and supported industry-university collaboration, rural product promotion, and sales-channel development for more than 30 rural households. The company was formally closed in March 2025 as I shifted my focus to academic research and doctoral applications.

INNOVATION & PATENTS

- Utility Model Patent (Granted): An Integrated Device for Assisting Volleyball Blocking and Spiking. Inventor/Assignee: Yuhang Gao. Patent No.: ZL202221009292.1; Publication No.: CN217391534U; Granted: Sep 9, 2022.
- Internet+ College Student Innovation and Entrepreneurship Competition: participated twice and received school-level awards, 2022.

CERTIFICATIONS

- National Level-2 Badminton Referee (China), 2024
- National Level-2 Athletics Referee (China), 2023
- National Level-2 Volleyball Referee (China), 2022

SKILLS

Data and statistics: SPSS; R (basic); G*Power; analysis of school-based RCT data.

Research tools and measurement: 20 m shuttle run; body composition assessment; DXA-related outcome reporting; intervention adherence and safety documentation.

Visualization and office tools: GraphPad Prism; Microsoft Word, Excel, and PowerPoint; Photoshop (basic); Illustrator (basic).

Languages: Mandarin Chinese (native); English (academic reading and writing; IELTS preparation).

REFERENCES

Available upon request.