

Curriculum Vita

Yit Aun Lim, PhD
Assistant Professor
Department of Sports Health Science
Head Swimming Coach
Life University
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Marietta, GA 30060
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[e-mail: yitlim@life.edu](mailto:yitlim@life.edu)

COLLEGE/UNIVERSITY

<u>Dates</u>	<u>Position</u>	<u>Institution</u>
2015-Present	Men Swimming Head Coach	Life University Marietta, GA 30060
2014-Present	Women Swimming Head Coach	Life University Marietta, GA 30060
2010-Present	Assistant Professor	Life University Marietta, GA 30060
2001 – 2010	Adjunct Professor	Life University Marietta, GA 30060
1999 - 2001	Assistant Professor	Oxford College of Emory University Oxford, GA 30054
1998 - 1999	Adjunct Professor	Oxford College of Emory University Oxford, GA 30054
1997 - 1998	PE Instructor & Pool Director	Sunshine School Atlanta Jewish Community Center at Shirley Blumenthal Park Marietta, GA 30062
1991-1994	Assistant Professor	Life University Marietta, GA 30060
1990 - 1991	Physical Fitness Instructor	Institute for Wellness & Sports Medicine Hattiesburg, MS 39402
1989 - 1991	Teaching Assistant HP & Anatomy Lab Assistant	University of Southern Mississippi Hattiesburg, MS 39402

1985 - 1987	Teaching Assistant H & PE Instructor	Northeast Louisiana University Monroe, LA 71203
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PROFESSIONAL EXPERIENCE

1998 - Present	CEO	Marlins Sports Foundation, Inc. Marietta, GA 30062
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1993 - Present	CEO/Head Coach	Marietta Marlins, Inc. Marietta, GA 30062
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1999 - 2003 May - August	Head Swim Coach	Gators Swim Team Marietta, GA 30066
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1991- 1993	Assistant Swim Coach Team Technical Advisor	Cobb Stingrays Marietta, GA 30062
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1992 - 1993	Swimming Instructor	East Cobb YMCA Marietta, GA 30062
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1992 - 1998 May - August	Head Swim Coach	Holly Springs Swim Team Marietta, GA 30062
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EDUCATION

Ph.D.	1991	University of Southern Mississippi, Hattiesburg, Mississippi Ph.D. Exercise Physiology Minor: Statistics Dissertation: The Effects of a Mental Training Program and a Mental and Physical Training Program on Cardiorespiratory Responses During Rest
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M.Ed.	1986	Northeast Louisiana University, Monroe, Louisiana Major: Health and Physical Education Area of Emphasis: Exercise Science
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B.S.	1984	Northeast Louisiana University, Monroe, Louisiana Major: Mathematics Minor: Business & Computer Science
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Dip.	1981	Ngee Ann Polytechnic, Republic of Singapore Area of Specialization: Shipbuilding and Repair Technology
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UNIVERSITY SERVICES

Life University (June 4-6, 2015)

Representing Sport Health Science Department to have further discussion on Joint Educational Program at Wenzhou Medical University; Tsinghua University; and Beijing Sport University.

Life University Enrollment & Marketing (Undergraduate and Graduate) Initiatives (2015-Present)

Representative for Sport Health Science Department

Life University (2010-Present)

Undergraduate Curriculum Committee

Oxford College (1999- 2001)

Library Committee

Life College (1991- 1994)

Graduate Admissions Committee

Rank & Promotion Committee

Research Committee

Faculty Affairs Committee

Graduate Thesis Committee

Graduate/Undergraduate Curriculum Committee

PUBLICATIONS

Preface in Book

Y. A. Lim (2011). Exercise Physiology as A Healthcare Profession: Tomorrow and Beyond by Tommy Boone. Edwin Mellen Press, Lewiston, New York.

Chapter in Book

Y. A. Lim. (2008). Goal Setting: D.I.D. I WORK MY P.A.R.T. In Games-Gimmicks-Challenges for Swimming Coaches. Edited by Bob Steele. Deniraes, Pueblo, Colorado.

Scientific Articles

Y.A. Lim, T. Boone, J. Flarity, and W. Thompson. "The Effects of Qigong on Cardiorespiratory Responses." American Journal of Chinese Medicine. Vol. 21, No. 1, 1993.

International/National/Regional/State (Oral/Abstract) Presentations

Y.A. Lim. "The Marlins Magic." Penang Swimming Club, Penang. (September 2015)

Y.A. Lim. "How to Succeed in American Colleges as a Foreigner." Penang Chinese Girls' Primary School, 6th Grader. Georgetown, Penang, Malaysia. (Aug 2015)

- Y.A. Lim. "Learning is Fun." Penang Chinese Girls' Primary School, 5th Grader. Georgetown, Penang, Malaysia. (Aug 2015)
- Y.A. Lim. "Is it Important for What you Can Accomplish at 10?" Penang Chinese Girls' Primary School, 4th Grader. Georgetown, Penang, Malaysia. (August 2015)
- Y.A. Lim. "How to Maximize The Human Metabolic Pathways in Swim Training". 2010 National Age Group Swim Coaches Summit. Colorado Springs, USA. (Oct 2010)
- Y. A. Lim. "Special Considerations of Training the Disable Athletes". World Wheel Chair Games. Taiwan. (Sept 2007)
- Y. A. Lim. "How to Balance Academic and Athletic Demands in American High School." Chinese Swimming Club, Penang, Malaysia. (Sept 2007)
- Y. A. Lim. "The Importance of Periodization Training and Peaking Through Your Swimming Careers." Philippines Swimming Federations. (Sept 2007)
- Y. A. Lim. "The Common Attributes of Future Swimming Champions." Singapore Chinese Swimming Club, Singapore. (Sept 2007)
- Y. A. Lim. "Success is Doing All the Right Thing." Singapore Sports School, Singapore. (Sept 2007)
- Y. A. Lim. "How to Become A Successful Student Athlete In the American University." Thailand University Sports Council. World University Games. Bangkok. (Aug 2007)
- Y. A. Lim. "Breaststroke: The Marlins Training Philosophy." USA Swimming: Breaststroke National Training Camp. Indianapolis, Indiana. (Aug 2007)
- Y. A. Lim. "Foundations of Buddhism." World Religion Day sponsored by the Roswell Baha'i Community, Roswell, GA (January 1996)
- Y. A. Lim. "Relaxation and Performance." Georgia American Swimming Coaches Association Chapter Spring Coaches Clinic, Jekyll Island, GA (April 1995)
- D. Allen, Y.A. Lim, and T. Faro. "The Effects of Upper Cervical Adjustment on Heart Rate, Blood Pressure, and Double Product in Normotensive Subjects." World Chiropractic Congress, London, England. (May 1993)
- Y.A. Lim, T. Boone, and R. Kazelskis. "The Effects of Two Different Training Protocols on Cardiorespiratory Responses During Rest." *Medicine and Science in Sports and Exercise*. Vol. 25 (Suppl V), 1993. **Poster Presentation at American College of Sport Medicine Annual Meeting**, Seattle, Washington, 1993.
- M.P. Foley, D.R. Redondo, and Y.A. Lim. "A Comparison of the Metabolic and Cardiovascular Drifts During Exercise in Room Temperature and in Heat." *Medicine and Science In Sports and Exercise*. Vol. 25 (Suppl V), 1993. **Poster Presentation at American College of Sport Medicine Annual Meeting**, Seattle, Washington, 1993.
- Y.A. Lim, T. Boone, and R. Kazelskis. "The Effects of A Mental and Physical Training Program on Ventilatory Responses During Rest: A Physiological Evaluation." Southeastern American College of Sports Medicine Annual Convention, Norfolk,

VA (January 1993)

- Y. A. Lim, J.R. Flarity, and T. Boone. "A Physiological Profile of Qigong at Rest." Louisiana Alliance for Health, Physical Education, Recreation, and Dance, New Orleans, LA (November 1992)
- Y.A. Lim. "Buddhist Meditation: The Metta Bhavana." Spelman College, Atlanta, GA (November 1992)
- T. Boone, S. Brock, Y.A. Lim, J. Heimdal, and D. Diboli. "Circulatory Responses During 20 Minutes of Vertical Head-down Ankle Suspension." *Medicine and Science in Sports and Exercise*. Vol. 24 (Suppl V):S 28, 1992. **Poster Presentation at American College of Sport Medicine Annual Meeting**, Dallas, Texas, 1992.
- Y.A. Lim, T.Boone, C.M. Puglisi, R. Kazelskis, and W.R. Thompson. "The Relationship of Heart Rate Response and Self-Regulated Heart Rate Response During Rest: A Preliminary Study." Southeastern American College of Sports Medicine Annual Convention, Auburn, AL (January 1992)
- S. Brock, T. Boone, Y.A. Lim, and J. Heimdal. "Cardiovascular Changes During Transition From Upright to Supine to 20 min of Vertical Head-down Suspension." Southeastern American College of Sports Medicine Annual Convention, Auburn, AL (January 1992)
- A.E. Faro, III, R.F. Kowalske, J. Johnson, D. Allen, and Y.A. Lim. "Comparison of Pre-season Maximal and Three-min Recovery Physiological Adaptations in Biathletes, Rugby Players, and Basketball Players." Southeastern American College of Sports Medicine Annual Convention, Auburn, AL (January 1992)
- Y.A. Lim, T. Boone, C.M. Puglisi, R. Kazelskis, and W.R. Thompson. "Effects of Self-synchronized Cardiorespiratory Regulation on Ventilatory Responses During Rest: A Preliminary Study." Annual Spring Symposium of the Southern Association for Cardiovascular and Pulmonary Rehabilitation, Birmingham, AL (April 1991)
- M.P. Foley, Y.A. Lim, D.R. Redondo, R. Fisher, and W.R. Thompson. "A Comparison of the Metabolic and Cardiovascular Adaptations to Exercise in Room Temperature and in Heat." Federation of American Societies for Experimental Biology Annual Meeting, Atlanta, GA (April 1991)
- J.R. Flarity, T. Boone, and Y.A. Lim. "The Relaxation Response: A Physiological Evaluation During Exercise." Federation of American Societies for Experimental Biology Annual Meeting, Atlanta, GA (April 1991)
- T. Boone, H. Williams, S. Brock, Y.A. Lim, and J. Heimdal. "Effects of Arm Position on the Measurement of Systolic Blood Pressure During Vertical Head-down Ankle Suspension." Federation of American Societies for Experimental Biology Annual Meeting, Atlanta, GA (April 1991)
- Y.A. Lim. "Triathlon: The Swimming Component." Institute for Wellness and Sports Medicine, Hattiesburg, MS (March 1991)
- M.P. Foley, C.E. Beck, Y.A. Lim, D.R. Redondo, and W.R. Thompson. "The Effects of a Month Physical Training Program on Serum Alanine Aminotransferase." American Society of

- Clinical Pathologists/College of American Pathologists Spring National Meeting,
Nashville, TN (March 1991)
- Y. A. Lim. "How Diet and Exercise Affect Your Health." Jones County Junior College, Ellisville, MS
(February 1991)
- Y.A. Lim, J.R. Flarity, W.R. Thompson, and T. Boone. "Effects of Qigong on Oxygen Uptake
and Respiratory Responses During Rest: A Preliminary Study." Southeastern American
College of Sports Medicine Annual Convention, Louisville, KY (February, 1991)
- S. Brock, Y.A. Lim, and T. Boone. "Effect of Arm Position on Central and Peripheral
Hemodynamic Responses to Vertical Head Down Suspension." Southeastern American
College of Sports Medicine Annual Convention, Louisville, KY (February 1991)
- J.R. Flarity, T. Boone, and Y.A. Lim. "Relaxation Response During Exercise: A
Psychophysiology Study." Southern District Annual Meeting of the American Alliance
for Health, Physical Education, Recreation and Dance, Norfolk, VA (February 1991)
- Y.A. Lim. "The Importance of Physical Activity for Older Adults." Methodist Hospital,
Hattiesburg, MS (November, 1990)
- Y.A. Lim. "The Breathing Meditation that May Enhance Cardiopulmonary Functions for
Persons with Breathing Difficulties." Cardiopulmonary Rehabilitation Center, Institute
for Wellness and Sports Medicine, Hattiesburg, MS (November 1990)
- M.P. Foley, Y.A. Lim, D.R. Redondo, and H.P. Williams. "A Comparison of the Respiratory
Adjustments to Walking and Jogging at Identical Speed." Annual Meeting of the
Mississippi Alliance for Health, Physical Education, Recreation, and Dance, Hattiesburg,
MS (November 1990)
- J.R. Flarity, T. Boone, and Y.A. Lim. "A Relaxation Protocol During Submaximal Steady State
Exercise Among College-aged Females." Louisiana Alliance for Health, Physical
Education, Recreation, and Dance, Lafayette, LA (November 1990)
- Y.A. Lim. "Ways to Improve the Components of Fitness for Persons with Mental Retardation.
Ellisville State School, Ellisvills, MS (October 1990)
- Y.A. Lim. "Components of Physical Fitness for Elementary School Children." Petal High
School, Petal, MS (October 1990)
- Y.A. Lim. "The Effect of Stroke Mechanics on Swimming Performance." Institute
for Wellness and Sports Medicine, Hattiesburg, MS (July 1990)

RESEARCH EXPERIENCE

- "Simulated Oxygen Uptake of Elite Swimmers on Swim Bench/Vasa Trainer"
- "The Physiological Effects of Self-Synchronized Cardiorespiratory Regulation"
- "The Physiological Adaptations of Collegiate Athletes"
- "The Effects of Metabolic Alkalosis on Supramaximal Exercise Performance"
- "Effects of Qigong on Cardiorespiratory Changes: A Preliminary Study"

“Effects of Exercise in High Temperature on Selected Biochemical and Metabolic Measures”

“Cardiorespiratory Adjustments and Intraocular Pressure Measurement to Short-term Full Head-down Ankle Suspension”

“Short-term Cardiovascular Responses to Vertical Head-down Suspension”

“A Physiological Evaluation of Two Relaxation Protocols on the Elicitation of the Relaxation Response During Treadmill Walking”

“Cardiovascular and Lactate Responses During Recovery from Maximal Exercise”

“The Effects of A Sports Massage on Post-Exercise Cardiovascular Responses and on Peak Aerobic Power, Oxygen Pulse, and Double Product During A Second Maximal Exercise Performance”

“The Effects of Upper Cervical Adjustment on Physiological Changes in the Cardiovascular System”

“The Biomechanical Analysis of Swimming Starts”

LABORATORY EQUIPMENT EXPERIENCE

Familiar with the following laboratory equipment:

Beckman Metabolic Measurement Cart and CO₂ Breathing Apparatus
Sensormedics Metabolic Measurement Cart Horizon™ System
Kodak DT60 Blood Analyzer
Quinton 3000 Treadmill and Q4000 ECG Monitor
MedGraphics Cardiopulmonary Exercise System and CO₂ Breathing Apparatus
Quinton Q-Plex Cardiopulmonary Exercise System
Monark & Cybex Bicycle Ergometer

Phlebotomy Certified

COMPUTER EXPERIENCE

Proficient in the use of mainframe computer with SPSSx and BMDP statistical packages.

Proficient in the use of microcomputer with the following software:

Microsoft Office
WordPerfect 5.0 & 5.1
Harvard Graphics

Proficient in the following computer languages:

Basic

PROFESSIONAL ORGANIZATIONS AND SERVICES

United States Swimming National Open Water Select Camp (Accompany Swim Coach, June 2014)

United States Swimming National Coaches Summit (April, 2014)

United States Swimming National Select Camp (Accompany Swim Coach, Oct 2011)

United States Swimming Diversity Select Camp (accompany Swim Coach, Apr 2011)

United States Swimming National Age Group Summit (Presenter, Oct 2010)

United States Swimming Diversity Select Camp (Assistant Coaching Staff, Apr 2010)

United States Swimming National Select Camp (Assistant Women Coaching Staff, Oct 2009)

United States Swimming National Select Camp (Accompany Swim Coach, Nov 2005)

American Society of Exercise Physiologists
American College of Sports Medicine
American Swimming Coaches Association
Southeastern American College of Sports Medicine
Southern Association for Cardiovascular & Pulmonary Rehabilitation
Noetic Sciences
USA Swimming
United States Masters Swimming
Georgia Local Swim Committee [Technical Planning, Senior Committee, Divisional Coordinator]
Council Member of Swim Cobb

Reviewer for: Journal of Exercise Physiology Online (JEP Online) 2011-Present
Reviewer for: Sports Training, Medicine and Rehabilitation 1991 - 1992

COURSES TAUGHT

Life University:

Master's Degree

MSHS 600	Exercise Physiology	(4 cr.)
MSHS 604	Neuromuscular Exercise Physiology	(4 cr.)

MSHS 622	Nutrition for Fitness & Sport	(4 cr.)
MSHS 628	Ergogenic Aids and Substance Abuse	(4 cr.)
MSHS 632	Exercise and Aging	(4 cr.)
MSHS 634	Advanced Exercise Biochemistry	(4 cr.)
MSHS 686	Individual Study (1-8 cr.)	
MSHS 688	Current Topics	(4 cr.)
MSHS 690	Practicum (1-12 cr.)	

Undergraduate

SHS 105	Foundations of Exercise Science	(5 cr.)
SHS 142	First Aid and CPR/AED	(3 cr.)
SHS 312	Exercise Testing	(5 cr.)
SHS 480	Introduction To Research Methods	(5 cr.)
SHS 488	Current Topics	(2 cr)
SHS 107	Life Fitness	(2 cr)

Oxford College of Emory University:

PE 100	- Health/Conditioning	(1 cr)
PE 110	- Beginning Swimming	(1 cr)
PE 111	- Advanced Beginning Swimming	(1 cr)
PE 125	- Badminton	(1 cr)

Life College:

SHS 680	- Introduction to Research	(3 cr)
SHS 600	- Introduction to Exercise Physiology	(3 cr)
SHS 604	- Cardiovascular Physiology	(5 cr)
SHS 605	- Neuromuscular Physiology	(5 cr)
SHS 610	- Physiological Bases for the Conditioning Process	(4 cr)
SHS 626	- Nutrition in Fitness & Sport	(4 cr)
SHS 630	- EKG	(3 cr)
SHS 632	- Exercise Testing & Prescription	(3 cr)
SHS 636	- Evaluation Devices for Human Performance	(2 cr)
SHS 602	- Personal Health & Fitness	(2 cr)
CHIRO 1303	Visceral Physiology	(5 cr)
NUTR 240	- Nutrition & Physical Performance	(3 cr)
NUTR 320	- Advanced Nutrition	(4 cr)

University of Southern Mississippi:

PED 105	- Components of Physical Fitness	(1 cr)
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Northeast Louisiana University:

HPE 110	- Conditioning	(1 cr)
HPE 113	- Beginning Bowling	(1 cr)
HPE 142	- Beginning Swimming	(1 cr)
HPE 210	- Advanced Swimming	(1 cr)
HPE 216	- Water Polo	(1 cr)

**MAJOR CONFERENCES/CONVENTIONS/NATIONALS & INTERNATIONAL
EVENTS ATTENDED**

2016 (June): 2016 USA Olympic Swim Trials, Omaha, Nebraska (three qualifiers-Stephanie Peters, Connor Oslin, and Derek Onken; 6 more hopefuls-David Dingess, Colin Riley, Cullen Fields, Brady Fields, Ananda Lim, Madison Jacobi)

2013 (June): 2013 Phillips 66 USA Swimming National Championships & World Championships Team Trials, Indianapolis, IN (one qualifier-Stephanie Peters)

2012 (June): 2012 USA Olympic Swim Trials, Omaha, Nebraska (five qualifiers-Stephanie Peters, Courtney Peter, Madison Jacobi, Drew Onken, Jordan Turner)

2010 (Sept): American Swimming Coaches Association (ASCA) World Coaches Clinic, Indianapolis, IN

2009 (July): 2009 USA World Championships Team Trials, Indianapolis, IN (four qualifiers-Kim Zachenski, Kylie Stewart, Drew Onken, Liz Braun)

2008 (Sept): American Swimming Coaches Association (ASCA) World Coaches Clinic, Las Vegas, NV

2008 (July): 2008 USA Olympic Swim Trials, Omaha, Nebraska (three qualifiers-Dillon Connolly, Kelsey Gaid, Sarah Losinger).

2007 (Sept): World Wheelchair Games, Taiwan (one representative).

2007 (Aug): World University Games, Bangkok, Thailand.

2005 (July): 2005 USA World Championships Team Trials, Indianapolis, IN (one qualifier-Dillon Connolly)

2004 (July): 2004 USA Olympic Swim Trials, Long Beach, California (one qualifier-Jason Gagnon-15th place finished overall).

2000 (Sept): Third ASEP Annual Convention, Albuquerque, NM

1998 (Nov): First ASEP Annual Convention, Duluth, MN

1998 (Sept): American Swimming Coaches Association (ASCA) World Coaches Clinic, Atlanta, GA

1994-2000: GA ASCA Clinic, Jekyll Island, GA

1993: ACSM, Seattle, WA; SEACSM, Norfolk, VA

1992: ACSM, Dallas, TX; SEACSM, Auburn, AL; Southern District AAHPERD, Atlanta, GA; LAAHPERD, New Orleans, LA

1991: ACSM, Orlando, FL; SEACSM, Louisville, KY; FASEB, Atlanta, GA; SACPR, Birmingham, AL

1990: SEACSM, Columbia, SC; LAAHPERD, Lafayette, LA; MAAHPERD, Hattiesburg, MS
1989: SEACSM, Atlanta, GA; MAHA, Jackson, MS

AWARDS/HONORS

2009 Georgia Swimming Age Group Coach of the Year

American Swimming Coaches Association's Awards of Excellence 2007

2006 Georgia Swimming Senior Coach of the Year

Life Member of United States Swimming (1995)

Who's Who Among International Students in American Universities & Colleges 1990

1997 National Swimmer of the Year, Malaysia; Nominated for 1997 Malaysia National Sportsman of the Year.

1997 Penang High School Sportsboy of the Year, Penang, Malaysia

ACADEMIC ADVISORY COMMITTEES

Doctoral Candidate

Chory, Carol (Virginia Tech University). "Evaluation of the survey of the status and perceived need of wellness and employee assistance programs in the public school systems of Virginia." [outside reviewer]

Master's Candidates Life University

Courtoy, Lori (SHS) [major professor]; Johnson, Jim (SHS) [thesis advisor]

Undergraduate Students Oxford College of Emory University

Holder, Matthew Tyler
Shaughnessy, Joseph Manning
Sreevatsava, Meghana

EXTRACURRICULAR ACTIVITIES

USMS: Competed at many Masters National Level Swim Meets	1991 –1998
Member of Georgia Tech Water Polo Team	1992 -1993
Associate Member of Sigma XI, USM Chapter	1990 - 1991
President of the USM International Club	1988 - 1989
Captain and member of the Malaysian National Swimming Contingent in the 3rd Asian Swimming Championships, Guangzhou, China	April 1988
President of the International Organization Council, NLU, Monroe, LA	1985 - 1986
Member of NLU’s Health & Physical Education major	1985 - 1986
President of the Malaysian Student Association, NLU, Monroe, LA	1981 - 1984
Member of NLU Swimming	1981 - 1982
President of the Shipbuilding & Repair Society, Ngee Ann Polytechnic, Singapore	1978 - 1981
President of the Buddhist Society, Ngee Ann Polytechnic, Singapore	1980 - 1981
Member/Captain of the Malaysian Swimming/Water Polo Team	1970 - 1981

REFERENCES

1. Dr. Tommy Boone, Professor of Exercise Physiology (Retired)
St. Scholastica
Department Chair of Exercise Science
1200 Kenwood Ave
Duluth, MN 55811
(218) 723-6279

2. Dr. Ladd Kochman, Professor of Finance
Kennesaw State University
College of Business Administration
Dept. of Finance
1000 Chastain Rd.
Kennesaw, GA 30144
(770) 423-6428

3. Ms. Amanda Timberlake, Professor
Life University
1269 Barclay Circle
Marietta, GA 30060
(770) 426-2771

4. Mr. Paul Lapidés
Kennesaw State University
College of Business
1000 Chastain Rd.
Kennesaw, GA 30144
(770) 423-6587

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