



# 2023年

## 臺灣身體活動與運動科學國際學術研討會 2023 Taiwan International Conference on Physical Activity and Exercise Sciences

日期 5/20 - 21 (六、日)

地點 國立中興大學社管大樓B1國際會議廳

# HANDBOOK

## 大會手冊

指導單位：NSTC 行政院國家科學及技術委員會、教育部體育署

主辦單位：國立中興大學、PAES 臺灣身體活動與運動科學學會

承辦單位：國立中興大學運動與健康管理研究所

合辦單位：國立中興大學研究發展處、國立中興大學管理學院、

國立臺中教育大學體育學系、國立臺灣體育運動大學競技運動學系、體育學系

協辦單位：國立中興大學體育室、國立臺灣體育運動大學運動科學研究中心

# 2023 年臺灣身體活動與運動科學國際學術研討會

2023 Taiwan International Conference on Physical Activity and Exercise Science

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## 大會歡迎詞

本人謹代表本研討會籌備委員會，竭誠歡迎大家參與『2023 臺灣身體活動與運動科學國際學術研討會』。在 Covid-19 疫情退散之後，我們終於能夠再次在中興大學聚首，參與這個每兩年一次的盛會，首先要感謝我們學會的理監事的大力支持，國立中興大學運動與健康管理研究所師生的全力支援，鄰近三所學校，臺灣體育運動大學、台中教育大學、中國醫藥大學的協助，國科會、中興大學研發處、中興大學管理學院、教育部體育署的經費支援，以及工作小組不眠不休的規劃，才能夠順利舉行。同時也感謝我們特別邀請的國際講者，願意以遠道而來跟我們分享他們的研究成果，也感謝踴躍的參與本會的學員們，如果有些服務不周的地方，也請大家給予我們鼓勵，給我們建議，以期待我們學會提供更加優質的研討會。



台灣身體活動與運動科學學會自 2012 年成立以來，每年於中部地區舉辦優質的學術研討會，並於每兩年盛大舉辦國際研討會，邀請國內外知名的學者參與。今年疫情散退，我們也特別邀請六場的專題演講，六場特別論壇，參與的國家與學者來自台灣、亞洲、大洋洲、歐洲與美洲，超過 12 個國家，給予我們精彩專題演講與特別論壇，希望大家能夠有所收穫。此外，今年我們有破紀錄的超過 160 篇的論文將在研討會中發表，希望大家在研討會期間能夠多與發表者交流與回饋，有很多實實在在的收穫。

最後預祝大家在這次的討會中有豐富的收穫，也希望大家繼續支持臺灣身體與運動科學學會。謝謝大家！

臺灣身體活動與運動科學學會理事長  
2023 臺灣身體活動與運動科學國際學術研討會大會主席

巫錦霖

## Welcome Message

On behalf of the organizing committee, I warmly welcome everyone to participate in the "2023 Taiwan International Symposium on Physical Activity and Sports Science." After the Covid-19 pandemic, we are finally able to gather again at National Chung Hsing University for this biennial event. Firstly, I would like to thank the Board of Directors of our Society for their strong support, the faculty and students of the Graduate Institute of Sports and Health Management at National Chung Hsing University for their full support, and the assistance of the nearby institutions, National Taiwan Sport University, National Taichung University of Education, and China Medical University. We also appreciate the financial support of the National Science Council, Office of Research and Development, College of Management, and the Sports Administration, Ministry of Education, as well as the tireless efforts of the organizing team to make this event possible. We also extend our gratitude to the international speakers we have invited, who are willing to travel a long distance to share their research findings with us, and to the enthusiastic participants of our association. If there are any areas where our service is lacking, we welcome your encouragement and suggestions, so that we can provide an even better conference in the future.

Since its establishment in 2012, the Taiwan Society of Physical Activity and Exercise Science has been organizing high-quality academic conferences annually in the central region, and holds a grand international conference every two years, inviting renowned scholars from home and abroad to participate. This year, with the easing of the pandemic, we have invited six keynote speeches, six special symposium, and scholars from over 12 countries in Taiwan, Asia, Oceania, Europe, and the Americas to give us exciting keynote speeches and special symposium. I hope that everyone can benefit from them. In addition, we have a record-breaking number of over 160 papers to be presented at the conference this year, and we hope that you can exchange ideas and provide feedback with the presenters during the conference to gain real and valuable experiences.

Finally, we wish everyone a fruitful experience at this conference and hope that you will continue to support the Taiwan Society of Physical Activity and Exercise Science.

Thank you all!

# 2023年臺灣身體活動與運動科學 國際學術研討會

壹、計畫宗旨：探討身體活動、運動科學的學術性知識、分享與交流，藉此喚醒國人重視身體活動與運動之重要性，並提升國家運動相關領域研究水準。

貳、指導單位：行政院國家科學及技術委員會、教育部體育署。

參、主辦單位：國立中興大學、臺灣身體活動與運動科學學會。

肆、承辦單位：國立中興大學運動與健康管理研究所。

伍、合辦單位：國立中興大學研究發展處、國立中興大學管理學院、國立臺中教育大學體育學系、國立臺灣體育運動大學競技運動學系、體育學系。

陸、協辦單位：國立中興大學體育室、臺灣體育運動大學運動科學研究中心。

柒、舉辦日期：2023年5月20-21日（六、日）

捌、舉辦地點：國立中興大學社管大樓B1國際會議廳

玖、研討主題：後疫情時代的運動、身體活動與健康促進

子議題：1. 身體活動相關議題

2. 運動科學相關議題

3. 健康促進與運動教育相關議題

4. 運動社會學相關議題

5. 運動休閒管理相關議題

6. 大型運動賽會與永續經營相關議題

拾、舉辦方式：

（一）邀請國內、外知名學者專家針對研討主題進行專題演講及特別論壇，主要將採實體進行。

（二）研究發表：

1. 口頭發表：由本會邀請投稿論文中，進行口頭論文發表。

2. 海報發表：發表者針對研討主題進行發表，並於海報發表時，作5分鐘發表。

3. 大會由投稿論文中，擇數篇優秀論文，頒發獎狀乙紙。

拾壹、研討日程：近期公佈。

拾貳、參加對象：

（一）國內外學者專家。

（二）國內各級學校教師、教練、學生及社會人士。

拾參、參加人數：250~350 人。

拾肆、論文截止日期：2023 年 4 月 21 日(星期五)論文截止收件，經審核通過之論文於 2023 年 5 月 3 日(星期三)前以電子郵件通知。

拾伍、報名方式：

(一) 本研討會採網路報名、繳費，報名網址：<http://www.tspaes.org.tw>

(二) 報名日期：自即日起至 5 月 13 日(星期六)止。

(三) 參加費用：

**本國人士**

論文審查費(單位：新台幣)

類別	日期	費用	備註
論文審查費	4 月 21 日前	每篇 300 元	第一作者最多發表 2 篇

報名費(含午餐、茶點、研討會資料及證書)(單位：新台幣)

類別	早鳥優惠價 5 月 4 日前	一般報名 5 月 5 日至 5 月 13 日	備註
臺灣身體活動與運動科學學會會員、中興大學教職員生、臺中教育大學教職員生及臺灣體育運動大學教職員生	500 元	1000 元	身份證明(學生證/教職員證)掃描後寄至 <a href="mailto:tpaes8668@gmail.com">tpaes8668@gmail.com</a>
學生	1000 元	1,500 元	
其他人士	1,500 元	2,500 元	

繳費方式請於線上報名繳交。

5 月 13 日後欲參加者，請現場報名。

**國際人士**

報名費(含午餐、茶點、研討會資料及證書)(單位：美金)

類別	日期	費用	備註
報名費	5 月 13 日前	100 元	

(四) 欲發表論文人員先將稿件於投稿網址線上方式投稿，並繳交費用。未繳費者，論文將不受理審查。投稿網址：<http://www.tspaes.org.tw>

(五) 研討會聯絡處：中興大學運動與健康管理研究所，電話：04-22840845 轉 805；電子信箱：[gishm2007@nchu.edu.tw](mailto:gishm2007@nchu.edu.tw)

## 拾陸、注意事項：

- (一) 大會官方語言為中英文。
- (二) 凡全程參與研討會者核發研習證書。
- (三) 參加人員依規定向所屬單位報請公差假及差旅費。
- (四) 研討會期間供應午餐，其餘膳宿由參加人員自理。
- (五) 相關訊息請參考國立中興大學運動與健康管理研究所相關網站  
<http://gishm.nchu.edu.tw/>
- (六) 因故無法參加者，請於舉辦日期 10 日前通知國立中興大學運動與健康管理研究所辦公室，否則概不退還報名費。

## 論文發表原則

- (一) 發表之論文摘要由本會論文審查委員會審理，歡迎各界惠賜有關研討會主題之原創性論文(original research paper)。海報發表者，海報規格為高 120 公分、寬 90 公分，海報內容一律以中文或英文呈現，並於發表時段於海報前做 5 分鐘口頭發表。
- (二) 稿件著作權歸屬本會，本會亦有刪改權，不願刪改者請註明，除獲本會同意，不得重刊於其它刊物。本會不接受一稿兩投之稿件，凡曾於其它刊物發表或抄襲之稿件，一概拒絕刊登，一切法律問題自行負責。
- (三) 稿件一律採用電腦打字，主辦單位確認收到稿件及審稿費用後，將會以電子郵件回函確認稿件進入審查，未繳交審查費用，稿件將不予審查。
- (四) 摘要包含題目、真實姓名、所屬單位及主要聯絡者通訊地址與電話、傳真號碼及電子郵件信箱(E-mail)。
- (五) 摘要以中英並陳撰寫，字數五百字以內，內容建議含研究的目的、方法、結果與結論，以一段式呈現，並含關鍵詞(key words)。
- (六) 書寫格式為求統一，格式如下：
  - (1)使用紙張：A4 (29.7 公分×21.0 公分)，縱向橫式書寫。
  - (2)編輯範圍：上下左右邊界各2.54公分（1英寸）。
  - (3)字 型：中文用標楷體，英文用Times New Roman。
  - (4)題 目：18級字、粗體、置中。
  - (5)作者姓名：12級字、粗體、置中。
  - (6)服務機關：10級字、置中。
  - (7)摘 要：內文12級字，標題12級字、粗體。
  - (8)關 鍵 詞：12級字、粗體。
  - (9)行 間 距：採單行(Single space)間距編排打字。

## 2023 年臺灣身體活動與運動科學國際學術研討會議程表

2023 年 5 月 20 日 (星期六)			
時間/場地	主題	主講人	主持人
8:30-9:00	報到		
9:00-9:10 B1 國際會議廳	開幕典禮	薛富盛 教授 國立中興大學校長 謝昺君 教授 國立中興大學管理學院院長 巫錦霖 教授 臺灣身體活動與運動科學學會理事長	巫錦霖 教授
9:10-10:00 B1 國際會議廳	專題演講 I Physical Literacy: origins, promises and practices	Professor John Cairney 澳洲 University of Queensland	李曜全 博士 中國醫藥大學
10:00-10:20	茶敘時間		
10:20-11:10 B1 國際會議廳	專題演講 II Avoid sensory specificity, promote inter-sensory flexibility!	Dr. Luc Tremblay 加拿大 University of Toronto	曾鈺婷 教授 國立清華大學
11:10-12:00 B1 國際會議廳	專題演講 III Promoting physical activity and health in children with special educational needs	Professor Cindy Hui-Ping Sit 薛慧萍教授 香港中文大學	蔡佳良 教授 成功大學
12:00-13:00	午餐暨展覽		
13:00-14:00 1 樓大廳	海報發表 I~VI	預計 57 人發表	
14:00-15:00 R533 B1 國際會議廳	特別論壇 I：亞洲兒童青少年身體活動 (I) - COVID-19 後亞洲地區兒童青少年身體活動現況與未來挑戰 - 策略、政策與科學	張振崗 教授 (Taiwan) Dr. Wendy Huang (Hong Kong) Dr. Agus Mahendra (Indonesia) Dr. Dyah Anantalia Widyastari, (Thailand) Asst. Prof. John Guiller Realin (Phillippine) <Online> Dr. Eun-Young Lee (South Korea) Dr. Asad Khan (Bangladesh) Professor Chiaki Tanaka Dr. Falk Mueller-Riemenschneider (Singapore) Dr. Narayan Subedi (Nepal) Professor Yang Liu (China)	Stephen Wong 教授 香港中文大學
	特別論壇 II：運動、營養與健康 特別論壇	Miki Sakazaki (Japan) 邱志暉 教授 (Taiwan) 廖翊宏 教授 (Taiwan) 吳旻寰 博士 (Taiwan)	Masashi Miyashita 教授 日本早稻田大學 Waseda University
15:00-15:20	茶敘時間		
15:20-16:20 R533 B1 國際會議廳	特別論壇 III：亞洲兒童青少年身體活動 (II) - COVID-19 後亞洲地區兒童青少年身體活動現況與未來挑戰 - 策略、政策與科學	張振崗 教授 (Taiwan) Dr. Wendy Huang (Hong Kong) Dr. Agus Mahendra (Indonesia) Dr. Dyah Anantalia Widyastari, (Thailand) Asst. Prof. John Guiller Realin (Phillippine) <Online> Dr. Eun-Young Lee (South Korea) Dr. Asad Khan (Bangladesh)	Stephen Wong 教授 香港中文大學



		Professor Chiaki Tanaka Dr. Falk Mueller-Riemenschneider (Singapore) Dr. Narayan Subedi (Nepal) Professor Yang Liu (China)	
	特別論壇 IV：運動精準科技論壇	許永和 教授(Taiwan) 吳俊霖 教授(Taiwan) 蔡佳良 教授(Taiwan) 黃致豪 博士(Taiwan)	許銘華 教授 中興大學
16:30-17:30	口頭發表 I~IV	預計 24 人發表	

### 2023 年 5 月 21 日 (星期日)

時間	主題	主講人	主持人
9:00-9:50 B1 國際會議廳	專題演講 IV Sport for Development in Asia: Beyond Western Frames	Dr. Souvik Naha 英國 University of Glasgow	湯添進 教授 臺灣師範大學
9:50-10:40 B1 國際會議廳	專題演講 V Application of the Multi-Process Action Control Model to Understand Physical Activity during the Transition from Adolescence to Emerging Adulthood	Dr. Matthew Y. W. Kwan 加拿大 Brock University	李曜全 博士 中國醫藥大學
10:40-11:00	茶敘時間		
11:00-11:50 B1 國際會議廳	專題演講 VI The role of lifestyle modification on cardiometabolic risk reduction	Professor Masashi Miyashita 日本 Waseda University	巫錦霖 教授 中興大學
12:00-13:00 R315	臺灣身體活動與運動科學學會 會員大會		巫錦霖 教授
12:00-13:00	午餐暨展覽		
13:00-14:00 1 樓大廳	海報發表 VII~XII	預計 59 人發表	
14:00-15:30 B1 國際會議廳 R533	特別論壇 V：運動社會學論壇 Engage discussion on social sciences with sports, physical activity and PE	Dr. Souvik Naha (UK) 黃雅雯 博士(Taiwan) 張文威 博士(Taiwan) 陳又菱 博士(Taiwan) 陳昱文 博士(Taiwan) 王伯宇 博士(Taiwan)	蔣任翔 博士 臺灣體育運動大學
	特別論壇 VI：The effect of physical literacy intervention on health in various populations	Professor John Cairney Dr. Matthew Y. W. Kwan 李曜全 博士	Professor John Cairney 澳洲 University of Queensland
15:30-16:30	口頭發表 V~VIII	預計 23 人發表	
16:30-16:40 B1 國際會議廳	會議結束 閉幕典禮及頒發優秀論文獎		巫錦霖 教授

專題演講講者簡介

Speakers' Curriculum Vitae

## **Professor John Cairney**

Head of School

School of Human Movement and Nutrition Sciences

Faculty of Health and Behavioural Sciences

The University of Queensland

[j.cairney@uq.edu.au](mailto:j.cairney@uq.edu.au)

+61 7 336 56241



### **Researcher biography**

Professor John Cairney is the Head of School of Human Movement and Nutrition Sciences. He is an academic leader in the field of paediatric exercise medicine and child health research and is particularly well-known for his work on developmental coordination disorder (DCD) and its impact on the health and well-being of children. Prof John Cairney started at UQ in January 2020.

Until the end of 2019, he was the Director of Graduate Studies in the Faculty of Kinesiology and Physical Education at the University of Toronto and Director of the Infant and Child Health (INCH) Research Laboratory at both the University of Toronto and McMaster University. He is also an Adjunct Professor in the Departments of Public Health Sciences and Psychiatry at the University of Toronto and Department of Family Medicine at McMaster University and a core scientist with the Offord Centre for Child Studies, CanChild Centre for Childhood Disability Research at McMaster University, and the independent Institute for Clinical Evaluative Sciences.

Professor Cairney completed his PhD studies at the University of Western Ontario and has held academic appointments at Brock University, the University of Toronto and McMaster University before his current UQ role. He has held, among other research leadership positions, a Canada Research Chair in the Department of Psychiatry at the University of Toronto, and a Professorship in Child Health, and subsequently a Research Chair, in the Department of Family Medicine at McMaster University.

Professor Cairney has been the recipient of ~\$A17 million in research grants as a principal investigator and has some 310 published works with a Scopus h index of 51 (Aug 2022).

Professor Cairney is a former President of the North American Society of Pediatric Exercise Medicine.

## Selected Publications

### Books

- Streiner, David L., Norman, Geoffrey R. and Cairney, John (2015).Health measurement scales: a practical guide to their development and use. 5th ed. Oxford, United Kingdom: Oxford University Press. doi: 10.1093/med/9780199685219.001.0001
- Cairney, John (2015).Developmental coordination disorder and its consequences. Toronto, Canada: University of Toronto Press.
- Cairney, John and Streiner, David L. (2010).Mental disorder in Canada: An epidemiological perspective. University of Toronto Press.

### Journal Articles

- Clark, Heather J., Dudley, Dean, Barratt, Jaime and Cairney, John (2022).Physical literacy predicts the physical activity and sedentary behaviours of youth. Journal of Science and Medicine in Sport, 25 (9), 750-754. doi: 10.1016/j.jsams.2022.04.008
- Carl, Johannes, Barratt, Jaime, Wanner, Philipp, Töpfer, Clemens, Cairney, John and Pfeifer, Klaus (2022).The Effectiveness of Physical Literacy Interventions: A Systematic Review with Meta-Analysis. Sports Medicine, 1-35. doi: 10.1007/s40279-022-01738-4
- Bulten, Rheanna, Bedard, Chloe, Graham, Jeffrey D. and Cairney, John (2022).Effect of cognitively engaging physical activity on executive functions in children. Frontiers in Psychology, 13 841192. doi: 10.3389/fpsyg.2022.841192
- Dudley, Dean, Mackenzie, Erin, Van Bergen, Penny, Cairney, John and Barnett, Lisa (2022).What Drives Quality Physical Education? A Systematic Review and Meta-Analysis of Learning and Development Effects From Physical Education-Based Interventions. Frontiers in Psychology, 13 799330, 799330. doi: 10.3389/fpsyg.2022.799330
- Valadi, Saeed and Cairney, John (2022).The Canadian assessment of physical literacy: a valid tool in determining the Iranian children capacity for an active and healthy lifestyle. Sport Sciences for Health, 1-11. doi: 10.1007/s11332-022-00933-0
- Keating, Shelley E., Mielke, Gregore I., King-Dowling, Sara, Timmons, Brian W., Kwan, Matthew and Cairney, John (2022).Associations between fitness, physical activity, and fatness in preschool children with typical and atypical motor coordination. Frontiers in Pediatrics, 10 756862, 1-10. doi: 10.3389/fped.2022.756862
- Caldwell, Hilary A T, Proudfoot, Nicole A., DiCristofaro, Natascja A., Cairney, John, Bray, Steven R. and Timmons, Brian W. (2022).Preschool to school-age physical activity trajectories and school-age physical literacy: A longitudinal analysis. Journal of Physical Activity and Health, 19 (4), 275-283. doi: 10.1123/jpah.2021-0635
- Li, Yao-Chuen, Graham, Jeffrey D., Chirico, Daniele and Cairney, John (2022).Time-of-day effect on motor coordination in youth. Chronobiology International, 39 (6), 1-8. doi: 10.1080/07420528.2022.2033761
- Graham, Jeffrey D., Zhang, Bolun, Brown, Denver M.Y. and Cairney, John (2022).The home advantage in the National Basketball Association Conference Finals and Finals Series from 1979 to 2019: A mediation analysis of offensive and defensive skills. Journal of Sport and Exercise Psychology, 44 (1), 52-61. doi: 10.1123/jsep.2020-0314
- Kwan, Matthew Y.W., Brown, Denver M.Y., Dutta, Pallavi, Haider, Imran, Cairney, John and Rhodes, Ryan E. (2022).Application of the multi-process action control model to predict physical activity during late adolescence. Journal of Sport and Exercise Psychology, 44 (1), 35-41. doi: 10.1123/jsep.2021-0169

## Dr. Luc Tremblay

degrees:

**Graduation date / Degree / Discipline / Institution**

03/2002 / Ph.D. / Motor Control / McMaster University

09/1998 / M.Sc. / Motor Learning / Université de Montréal

12/1995 / B.Sc. / Physical Activity / Université de Montréal



## Research Funding and Knowledge Dissemination Activities Overview

	As first or sole author	As last author	As other author	Total
Research grants	8	0	7	15
Peer-reviewed publications	11	36	40	67
Conference presentations	26	75	39	140
Book chapters	2	0	1	3

## RESEARCH INTERESTS

Multisensory integration (vision, proprioception, audition)

Neuromotor control of voluntary action

Use of sensory information as a function of practice

Neuromotor training and rehabilitation

## Evaluation of articles for scientific journals

Served on editorial boards:

- Scientific Committee Member (Neurosciences & Motor Control), Movement and Sport Sciences / Sciences et Motricité
- Review Editor, Frontiers in Psychology – Movement Science and Sport Psychology

## Selected Publication

1. Manzone, D.M., & Tremblay, L. (2022). Sensorimotor processing is dependent on observed speed during the observation of hand-hand and hand-object interactions. *Psychological Research*, 1-10.
2. Manzone., D.M., Tremblay, L., Chua, R. (2022). Tactile facilitation during actual and mere expectation of object reception. *Scientific Reports*, 12(1), 17514.
3. Loria, T., de Grosbois, J.P., Haire, C., Vuong, V., Schaffer, N., Tremblay, L., & Thaut, M. (2022). Music-based intervention drives paretic limb acceleration into intentional movement frequencies in chronic stroke rehabilitation. *Frontiers in Rehabilitation Sciences*. 3: 89810. DOI:10.3389/fresc.2022.989810

4. Manzone, D.M., & **Tremblay, L.** (2022). Facilitation of tactile processing during action observation of goal-directed reach and grasp movements. *Journal of Neurophysiology*, *128*, 681-688.
5. Abdulrabba, S., **Tremblay, L.**, & Manson, G.A. (2022). Investigating the online control of goal-directed actions to a tactile target on the body. *Experimental Brain Research*, *240*, 2773–2782.
6. Kumawat, A.S., Manson, G.A., Welsh, T.N., & **Tremblay, L.**(2022). Detecting endpoint error of an ongoing reaching movement: the role of vision, proprioception, and efference. *Journal of Motor Behavior*, *54*(4), 457-465.  
DOI:10.1080/00222895.2021.2013767
7. Höbler, F., Bitan, T., **Tremblay, L.**, & De Nil, L. (2022). Differences in implicit motor learning between adults who do and do not stutter. *Neuropsychologia*, *174*, 108342.
8. Chow, D.H.K., Iqbal, Z.A., **Tremblay, L.**, Lam, C.C.Y., Zhao, R. (2022). Cross leg prediction of running kinematics across various running conditions and drawing from a minimal data set using a single wearable sensor. *Symmetry*, *14*, 1092.
9. Chan., V.C.H., Welsh, T.N., **Tremblay, L.**, & Beach, T.A.C. (2022). A comparison of augmented feedback and didactic training approaches to reduce spine motion during occupational lifting tasks. *Applied Ergonomics*, *99*, 103612.
10. Haire, C.M., **Tremblay, L.**, Vuong, V., Patterson, K.K., Chen, J.L., Burdette, J.H., Schaffert, N., Thaut, M.H. (2021). Therapeutic instrumental music training and motor imagery in post- stroke upper-extremity rehabilitation: A pilot study. *Archives of Rehabilitation Research and Clinical Translation*, , *48* (2), 195-208.
11. Goodman, R., & **Tremblay, L.** (2021). Older adults rely on somatosensory information from the effector limb in the planning of discrete movements to somatosensory cues. *Experimental Gerontology*, *150*, 111310
12. Chow, D.H.K., **Tremblay, L.**, Lam, C.Y., ... Cheng, W.H.W., & Tse, P.T.W. (2021) Comparison between accelerometer and gyroscope in predicting level-ground running kinematics by treadmill running kinematics using a single wearable sensor. *Sensors*, *21*, 4633.
13. Haire, C.M., Vuong, V., **Tremblay, L.**, Patterson, K., Chen, J.L., & Thaut, M. (2021). Effects of therapeutic instrumental music performance and motor imagery on chronic post-stroke cognition and affect: A randomized controlled trial. *NeuroRehabilitation*. DOI: 10.3233/NRE-208014

## **Avoid sensory specificity, promote inter-sensory flexibility!**

Presenter: Professor Luc Tremblay, B.Sc., M.Sc., Ph.D.

Abstract:

Being physically active can yield a vast sensorimotor repertoire. By moving on the ground, in the air, or in water; we obtain very diverse multisensory experiences. These voluntary movements also involve the encoding of spatial information pertaining to our body relative to the ground, projectiles, tools, and other individuals. Notably, we also naturally tend to establish preferences for specific sensory signals, which may limit our sensorimotor repertoire. Indeed, when practicing a motor skill, we tend to rely on the single most reliable sensory modality (e.g., vision, proprioception, ...). Be it more, our reliance on the most reliable sensory modality can increase as a function of practice. In many practical contexts, vision is the most reliable sensory modality, which can thus increase our reliance on visual cues. As a result, our capacity to utilize non-visual cues can decrease with practice. Moreover, such sensory specificity also means that we miss on opportunities to build flexibility in employing other sensory signals (e.g., audition, proprioception). Moreover, parents, educators, and coaches sometimes provide learners with augmented feedback or guides, with the aim to improve performance. However, providing such an accurate and precise visual guide during practice can have negative consequences on the processing of proprioceptive cues (e.g., muscle receptors). In contrast, helping learners also sometimes involve the provision of proprioceptive guidance. However, providing an accurate and precise proprioceptive guide can also prevent improvements in movement precision (i.e., inability to reduce movement variability). For all of the above-mentioned reasons and lines of evidence, our research has explored methods that can instead enhance sensorimotor flexibility. Indeed, by varying the sensory conditions during practice, it may be possible to circumvent the detrimental effects of sensory specificity, while yielding optimal performance improvements and learning. Critically, such improvements were also reflected in improved error detection mechanisms when practicing under varied sensory conditions. At the theoretical level, such improved motor skill acquisition mechanisms are hypothetically based on the greater capacity to convert sensory estimates from one modality to another (i.e., inter-sensory flexibility). At the practical level, providing varied sensory contexts can improve performance as well as many other benefits associated with physically active lifestyles.

## Prof. SIT Cindy Hui-ping

### Academic qualifications:

1996 BA (First) in Physical Education and Recreation Studies,  
Hong Kong Baptist University

1999 Master of Philosophy, The University of Hong Kong (HKU)

2002 Doctor of Philosophy, The University of Hong Kong (HKU)

### Previous academic positions:

06/2002–12/2002 Demonstrator, Institute of Human Performance  
(renamed as School of Public Health [SPH]), HKU

01/2003–01/2004 Lecturer, Department of Health and Physical Education, The Education  
University of Hong Kong

02/2004–07/2005 Teaching Consultant, SPH, HKU

08/2005–07/2008 Research Assistant Professor, SPH, HKU

08/2008–01/2012 Assistant Professor, SHP, HKU

01/2012–07/2020 Associate Professor, Department of Sports Science and Physical  
Education, The Chinese University of Hong Kong (CUHK)

### Present academic positions:

08/2020–present Professor, Department of Sports Science and Physical Education, CUHK

08/2021–present Chairperson, Department of Sports Science and Physical Education, CUHK

### Previous relevant research work:

- Participation motivation for physical activity and exercise
- Physical activity and sedentary behavior of children with disabilities or special educational needs (SEN)

### Five most representative publications in recent five years (\*corresponding author):

**Sit CHP\***, Huang WYJ, Wong SHS, Wong MCS, Sum RKW, Li VMH. Results and SWOT Analysis of the 2022 Hong Kong report card on physical activity for children and adolescents with special educational needs. *Adapt Phys Act Q* 2022; ahead of print.

**Sit CHP**, Aubert S, Carty C, et al. Promoting physical activity among children and adolescents with disabilities: The translation of policy to practice internationally. *J Phys Act Health* 2022; 19:758-68.

Liang X, Li R, Wong SHS, Sum RKW, **Sit CHP\***. The effects of exercise intervention on executive functions in children and adolescents with autism spectrum disorder: A systematic review and meta-analysis. *Sports Med* 2022; 52:75-88.

Liang X, Li R, Wong SHS, Sum RKW, **Sit CHP\***. The impact of exercise interventions





concerning executive functions of children and adolescents with attention-deficit/hyperactive disorder: A systematic review and meta-analysis. *Int J Behav Nutr Phys Act* 2021; 18:68.

**Sit CHP\***, Yu JJ, Wong SHS, Capio CM, Masters R. A school-based physical activity intervention for children with developmental coordination disorder. *Res Dev Disabil* 2019; 89:1-9.

**Five representative publications beyond the recent five-year period:**

**Sit CHP\***, McKenzie TL, Cerin E, Chow BC, Huang WYJ, Yu JJ. Physical activity and sedentary time among children with different disabilities at school. *Med Sc Sports Exer* 2017; 49:292-7.

**Sit CHP\***, McKenzie TL, Cerin E, McManus AM, Lian, J. Physical activity for children in special school environment. *HK Med J* 2013; 19:42-4.

Lam JWK, **Sit CHP\***, Cerin, E. Physical activity and sedentary behaviours in Hong Kong primary school children: Prevalence and gender differences. *Prev Med* 2010; 51:96-7.

**Sit CHP\***, Kerr JH, Wong ITF. Motives for and barriers to physical activity participation in middle-aged Chinese women. *Psychol Sport Exerc* 2008; 9:266-83.

**Sit CHP\***, McManus A, McKenzie T, Lian J. Physical activity levels of children in special schools. *Prev Med* 2007; 45:424-31.

**Competitive research grants (as PI) in the past 5 years:**

- Battling sedentarism in children with special educational needs through inclusive physical activity. *Research Impact Fund (RIF)*, 2023/06/01-2026/05/31, HK\$4,000,000 (PC).
- A randomized controlled trial of physical activity intervention on neurocognitive performance, mental health and behavioural outcomes of children with attention deficit hyperactivity disorder. *General Research Fund (GRF)*, 2023/01/01-2025/06/30, HK\$971,589.
- A cluster randomized controlled trial of school-based physical activity intervention on mental health and risk behaviours in adolescents with special educational needs. *General Research Fund (GRF)*, 2021/01/01-2023/06/30, HK\$791,930.
- Promoting physical activity and health in children and youth with intellectual disabilities: A social-ecological approach. *National Social Science Fund of China*, 2019/09/01-2021/08/31, RMB\$200,000 (Co-PI).
- A cluster randomized controlled trial of physical activity intervention on motor and cognitive functions and psychosocial outcomes of children with developmental coordination disorder. *General Research Fund (GRF)*, 2019/01/01-2022/06/30, HK\$727,398.

**Awards and honors:**

- Research Excellence Award, CUHK, 2019
- Exemplary Teaching Award, Faculty of Education, CUHK, 2012, 2015
- Fellow, Asian Society for Adapted Physical Education and Exercise, 2022
- Fellow, Hong Kong Association of Sports Medicine and Sports Science, 2018
- Fellow, International Federation of Adapted Physical Activity, 2013

**Key professional services (selected):**

- Associate Editor, *Adapted Physical Activity Quarterly*, *Archives of Public Health*, *Frontier in Education*
- Editorial Board Member, *Asian Journal of Exercise and Sports Science*, *International Journal of Behavioral Nutrition and Physical Activity*, *Journal of Exercise Science & Fitness*
- Member, Curriculum Development Council, Education Bureau, HKSAR Government
- Deputy Convenor, Student Sport Co-ordinating Sub-Committee, Home Affairs Bureau, HKSAR Government
- Member, Community Sports Committee, Home Affairs Bureau, HKSAR Government
- Member, Enterprise Support Scheme (ESS) Assessment Panel, Innovation Technology Fund, Innovation and Technology Commission, HKSAR Government
- Member, Assessment Panel on Physical Education Key Learning Area for the Chief Executive's Award for Teaching Excellence (2021/2022), Education Bureau, HKSAR Government
- Subject Specialist, Hong Kong Council for Accreditation of Academic and Vocational Qualifications
- Registered Social Worker, Hong Kong Social Workers Registration Board
- President-Elect, International Federation of Adapted Physical Activity
- Member, Incorporated Management Committee (IMC), CUHKFAA Chan Chun Ha Secondary School

**Promoting Physical Activity and Health in Children with Special Educational Needs****Abstract**

Compared to children with typical development, children with disabilities or special educational needs (SEN) are less physically active and have poorer health outcomes. The presentation will discuss the development and results of the 2022 Hong Kong Para Report Card and how the results will help translate scientific evidence into practice.

## Dr. SOUVIK NAHA

Senior Lecturer in Imperial and Post-colonial History  
Department of Economic & Social History  
School of Social & Political Sciences  
University of Glasgow  
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### EDUCATION

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PhD, History, ETH Zurich, 2017.

MPhil, Modern History, Jawaharlal Nehru University, New Delhi, 2012.

MA, Modern History, Jawaharlal Nehru University, New Delhi, 2010.

BA, History, Presidency College, Kolkata, 2008.

### ACADEMIC SERVICE

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**Editor**, *Sport in Society*, 2019-present.

**Editor**, *Sport in History*, 2019-present.

**Book Reviews Editor**, *Soccer & Society*, 2013-present.

**Editorial Board Member**, *Asian Journal of Sport History & Culture*, 2019-present.

**Academic Referee**, *Asian Journal of Sport History & Culture*; *Interdisziplinäre Zeitschrift für Südasienforschung*; *International Journal of the History of Sport*; *International Journal of Sport and Society*; *International Journal of Sport Policy and Politics*; *International Review for the Sociology of Sport*; *Journal of Emerging Sport Studies*; *Journal of Global Sport Management*; *Journal of Sport History*; *Medical History*; *SAGE Open*; *Soccer & Society*; *Social History of Medicine*; *Sport History Review*; *Sport in History*; *Sport in Society*; *Transnational History*.

**Book Proposal Reviewer**, *Anthem Press*, *Routledge*.

## SELECTED PUBLICATIONS

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### Monographs

- **Naha, Souvik**, *Cricket, Public Culture and the Making of Postcolonial Calcutta*. Cambridge: Cambridge University Press (in press).

### Edited Books

- **Naha, Souvik**, ed. *Nations and Identities in an Age of Insecurity: Cricket in the Twenty-first Century*. New Delhi: Oxford University Press (in press).

### Edited Special Issues

- **Naha, Souvik** and Dominic Malcolm eds., 'Cricket in the 21<sup>st</sup> Century.' *Sport in Society* 24, no. 8 (2021): 1267-1525.
- Bandyopadhyay, Kausik and **Souvik Naha**, eds., 'Moments, Metaphors, Memories: Defining Events in the History of Soccer.' *Soccer & Society* 20, nos. 7-8 (2019): 897-1117.
- **Naha, Souvik**, and David Hassan, eds. 'Ethical Concerns in Sport Governance.' *Sport in Society* 21, no. 5 (2018): 721-832.
- **Naha, Souvik**, ed. 'Global and Transnational Sport: Ambiguous Borders, Connected Domains.' *Sport in Society* 20, no. 10 (2017): 1347-1486.
- Bandyopadhyay, Kausik, **Souvik Naha** and Shakya Mitra, eds. 'FIFA World Cup and Beyond: Sport, Culture, Media and Governance.' *Sport in Society* 20, nos. 5-6 (2017): 547-749.

### Peer-reviewed Journal Articles

- **Naha, Souvik**. "'Done the Elephants, Done the Mosquitoes': International Cricket Tours, Imagined India, and Indophobia, 1890s-1990s" (in preparation).
- Fischer-Tiné, Harald and Souvik Naha. "Man-making and World-making on Two Wheels: 'Globe Cyclists', Touristic Anti-imperialism and the Recuperation of Indian Masculinities in the Late Colonial Era" (under review with *Journal of Global History*).
- **Naha, Souvik**. "'The Greatest Permanent Link between This Country and the East': Cricket Diplomacy at the End of the British Empire in South Asia, 1945-1950" (under review with *The English Historical Review*).
- **Naha, Souvik**. "Gender, Power, and Cricket Spectators in Calcutta, 1960s-1990s." *The Historical Journal* 65, no. 3 (2022): 774-96.

- **Naha, Souvik.** “Flight of Fantasy or Reflections of Passion? Knowledge, Skill and Fantasy Cricket.” *Sport in Society* 24, no. 8 (2021): 1322-35.
- **Naha, Souvik.** “When Politics Ran Riot at Eden Gardens.” *India International Centre Quarterly* 44, nos. 3-4 (2018): 101-11. Reprinted in *Games We Play: Sports in South Asia*, edited by Ronojoy Sen and Omita Goyal. New Delhi: Oxford University Press, 2020.
- **Naha, Souvik.** “With or without Cricket? The Two Lives of the English Game in a Decolonizing India.” *Sport in Society*, 20, no. 10 (2017): 1405-23.
- Mitra, Sarbajit and **Souvik Naha.** “Politics and International Fandom in a Fringe Nation: *La Albiceleste*, Maradona, and Marxist Kolkata.” *Sport in Society*, 20, nos. 5-6 (2017): 660-74.

### Book Chapters

- **Naha, Souvik.** “The Rise of Modern Sport and the Olympic Movement in India.” In *Routledge Handbook of Sport in Asia*, edited by Fan Hong and Lu Zhouxiang, 126-34. London: Routledge, 2020.
- **Naha, Souvik.** “Sport in Emerging Markets.” In *Managing Sport Business: An Introduction*, edited by David Hassan, 2<sup>nd</sup> edition, 115-30. London: Routledge, 2018.
- **Naha, Souvik.** “Jagmohan Dalmiya: The Prometheus of Modern Cricket?” In *Global Sport Leaders: A Biographical Analysis of International Sport Management*, edited by Emmanuel Bayle and Patrick Clastres, 395-415. Basingstoke: Palgrave Macmillan, 2018.
- **Naha, Souvik.** “Visually Playing Politics: Use of Sports as Political Critique in Newspaper Cartoons.” In *Visual Histories of South Asia*, edited by Annamaria Motrescu-Mayes and Marcus Banks, 209-29. New Delhi: Primus, 2018.
- **Naha, Souvik.** ““The Russian deadpan expert” vs “America’s white hope”: The Personal, the National, and the Global in the ‘Cold War’ of Chess.” In *Beyond Boycott: Sport during the Cold War in Europe*, edited by Philippe Vonnard, Nicola Sbeti and Grégory Quin, 179-94. Oldenburg: De Gruyter, 2018.

## **DR. MATTHEW Y.W. KWAN**

Department of Child and Youth Studies  
Brock University  
1812 Sir Issac Brock Way  
Cairns Building 2<sup>nd</sup> Floor, St. Catharines, Ontario  
L2S 3A1  
Work Phone: (905) 688-5550 x5682  
E-mail: mkwan@brocku.ca



### **EDUCATION**

---

- 2011-2014 Postdoctoral Fellowship, Family Medicine & Psychiatry and Behavioural Neurosciences, McMaster University
- 2007-2011 Ph.D., Exercise Sciences, University of Toronto
- 2004-2006 M.Sc., Kinesiology, McMaster University
- 2000-2004 B.A., Kinesiology, University of Lethbridge

### **PROFESSIONAL MEMBERSHIP AND ORGANIZATIONS**

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#### **CURRENT:**

- o Society of Behavioural Medicine (SBM)
- o North American Society for Pediatric Medicine (NASPEM)
- o International Society for Physical Activity and Health (ISPAH)
- o North American Society for the Psychology of Sport and Physical Activity (NASPSA)

#### **Editorial Board for Academic Journals**

Associate Editor, Research Quarterly for Exercise and Sport (2019-present) Associate Editor, BMC Public Health (2018-2020)

### **RESEARCH ENDEAVOURS**

---

- o Behavioral & Preventive Medicine
- o Mental Health and Physical Activity
- o Transitions during the life course
- o Social Determinants of Physical Activity
- o Community-based Interventions

## Selected PUBLIcation

---

1. Haider, I., Brown D.M.Y., Bray, S.R., Dutta, P., Rhodes, R.E. & **Kwan, M.Y.W.** (In Press) Understanding the Intention-to-Behavior Relationship for Adolescents: An Application of the Multi-Process Action Control Model. *International Journal of Sport and Exercise Psychology*. (role: senior author)
2. Veldhuizen, S., Bedard, C., King-Dowling, S., Barratt, J., & **Kwan, M.Y.W.** & Cairney, J. (2023). Stability of motor functioning in early childhood: evidence from a large prospective cohort. *Human Movement Science*, 87, 103037. (role: co-author)
3. **Kwan, M.Y.W.** Li, Y.C. & Cairney, J. (In Press) Theory-based correlates of physical activity among children with Developmental Coordination Disorder: A brief review. *Current Developmental Disorders Report*, (role: primary author)
4. Brown D.M.Y., **Kwan, M.Y.W.** King-Dowling, S., & Cairney, J. (In Press) Cross-sectional associations between wake-time movement behaviour compositions and indicators of mental health among young children. *Frontiers in Pediatrics*. (role: co-author)
5. Brown D.M.Y. & **Kwan, M.Y.W.** (In Press) Movement Behaviours and Mental Wellbeing: A Cross-Sectional Isotemporal Substitution Analysis of Canadian Adolescents. *Frontiers in Behavioral Neurosciences*. (role: senior author)
6. Kovacevic, D., Brown D.M.Y., Bray, S.R., & **Kwan, M.Y.W.** (2022) Understanding changes in adolescent physical activity behaviors and cognitions prior to and during the COVID-19 pandemic. *Frontiers in Sports and Active Living*, 268. (role: co-senior author)
7. Brown, D.M.Y., Faulkner G.E.J., & **Kwan, M.Y.W.** (2022). Healthier movement behavior profiles are associated with higher psychological wellbeing among emerging adults attending post-secondary education. *Journal of Affective Disorders*, 319, 511-517. (role: co-senior author)
8. Keating, S.E., Mielke, G.I., King-Dowling, S., Timmons, B.W., **Kwan M.Y.W.**, & Cairney, J. (2022) Association between fitness, physical activity, and fatness in pre-school aged children with typical and atypical motor coordination. *Frontiers in Pediatrics*, 10. (role: co-author)
9. **Kwan, M.Y.W.** Brown D.M.Y., Dutta, P., Haider, I., Cairney J., & Rhodes, R.E. (2021) Application of the Multi-Process Action Control Model to Predict Physical Activity during Late Adolescence. *Journal of Sport and Exercise Psychology*, 1(osp), 1-7. (role: primary author)

10. Brown D.M.Y., McPhee, P., **Kwan, M.Y.W.** & Timmons, B.W. (2021) Implications of disability severity on 24-hour movement guidelines adherence among children with neurodevelopmental disorders in the United States. *Journal of Physical Activity and Health*, 18, 1325-1331. (role: co-author) (preprint: <https://osf.io/preprints/sportrxiv/sy58b/>)
  
11. Hothi, H., Bedard, C., Ceccacci, A., DiRezze, B. & **Kwan, M.Y.W.** (2021) Effects of Developmental Transition Programs: A Meta-Analysis. *Disability and Rehabilitation*. 1-11 (role: senior author)



## **Prof. Masashi Miyashita**

### **POSITION:**

- Professor of Exercise Metabolism, Faculty of Sport Sciences, Waseda University, Japan
- Visiting Fellow in Exercise Metabolism, School of Sport, - Exercise and Health Sciences, Loughborough University, UK
- Senior Research Fellow, Department of Sports Science and Physical Education, Chinese University of Hong Kong, Hong Kong



### **EDUCATION:**

BSc (Honours), MSc (Distinction), PhD – Loughborough University, UK

### **Professional SOCIETIES:**

- Executive, Asia Nutrition Society for Sports and Health
- Editorial Board, International Journal of Obesity, Journal of Exercise Science & Fitness, Journal of Physical Fitness and Sports Medicine

**EMAIL :** m.miyashita@waseda.jp

### **AREA OF EXPERTISE:**

Physical Activity and Health, Physical Activity and Cardiovascular Disease Risk, Exercise and Lipid Metabolism, Exercise and Appetite, Exercise and Nutrition

### **MEMBERSHIP OF PROFESSIONAL BODIES**

- American College of Sports Medicine (since 2005)
- Asian Nutrition Society for Sport and Health (since 2022: Executive board member)
- Japanese Society of Physical Fitness and Sports Medicine (since 2007: Fellow since 2012: International Committee since 2014: Editorial Board since 2015: Programme Committee since 2015)
- Japan Atherosclerosis Society (since 2010)
- Japan Society of Health Promotion (since 2011: Fellow since 2015)
- Japan Society for Mastication Science and Health Promotion (since 2014)
- Japan Sports Nutrition Association (since 2016: International Committee: 2020-2201)

## PUBLICATIONS

### Summary

- 88 journal papers – academic journals (peer review)
- 16 review papers – academic journals (peer review)
- 3 short communication/protocol papers – academic journals (peer review)
- 5 journal letters – academic journals (peer review)
- 5 invited book chapter
- 26 reports – academic journals (peer review)
- 24 other papers and reports – professional journals
- 155 conference contributions

### Selected Publication

1. Zhang Z, Tian XY, Miyashita M, Sun F, Huang WYJ, Zheng C, Sum MK, Wong SHC. Effects of accumulated versus continuous individualized exercise on postprandial glycemia in young adults with obesity. *European Journal of Sport Science*. In Press.
2. Roberts MJ, Thackray AE, Wadley AJ, Alotaibi TF, Hunter DJ, Thompson J, Fujihara K, Miyashita M, Mastana S, Bishop NC, O'Donnell E, Davies MJ, King JA, Yates T, Webb D, Stensel DJ. The effect of walking on endothelial function and postprandial lipaemia in South Asians and white Europeans. *Medicine and Science in Sports and Exercise*. In Press.
3. Ma S, Ono M, Mizugaki A, Kato H, Miyashita M, Suzuki K. Cystine/glutamine mixture supplementation attenuated fatigue during endurance exercise in healthy young men by enhancing fatty acid utilization. *Sports (Basel)*. 2022;10:147.
4. Li G, Tataka Y, Kamemoto K, Wen H, Yamanaka K, Nagayama C, Miyashita M. Does butyrylcholinesterase mediate exercise-induced and meal-induced suppression in acylated ghrelin? *Endocrine Journal*. 2022;69:1395-1405. Corresponding author.
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6. Tataka Y, Haramura M, Hamada Y, Ono M, Toyoda S, Yamada T, Hiratsu A, Suzuki S, Miyashita M. Effects of oral cystine and glutamine on exercise-induced changes in gastrointestinal permeability and damage markers in young men. *European Journal of Nutrition*. 2022;61:2331-2339. Corresponding author.

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# **THE ROLE OF LIFESTYLE MODIFICATION ON CARDIOMETABOLIC RISK REDUCTION**

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Triglycerides (TG), glucose and insulin are the predominantly elevated substrates in the circulation in the postprandial period. Evidence from prospective epidemiological studies has shown that postprandial hypertriglyceridaemia and hyperglycaemia are risk factors for cardiovascular disease and all-cause mortality in men and women. Given that most individuals consume several meals throughout the day, the postprandial state represents the usual metabolic state and regular postprandial metabolic disturbances may contribute to the progression of atherosclerosis over the lifespan. A large and consistent body of evidence shows that an acute bout of exercise, aerobic exercise in particular, can ameliorate the rises in TG and glucose seen after meals in humans.

However, exercise alone may not be enough to reduce postprandial TG and glucose as post-exercise meal intake disturbs fat metabolism through elevated insulin and continuous exercise increases circulating glucose concentration due to elevated hepatic glucose production through enhanced gluconeogenesis. Thus, appropriate dietary approach is necessary to consider for optimising metabolic states prior, during and post-exercise periods. Furthermore, skipping breakfast is a common dietary habit considered to be unhealthy as it increases postprandial glucose response to lunch and dinner in association with impaired insulin response and is often significantly associated with an increased risk of cardiovascular-related death. It has been also shown that breakfast consumption, protein rich breakfast in particular, is effective in modulating the nonhomeostatic, neural processes underlying food reward, leading to better eating behaviour.

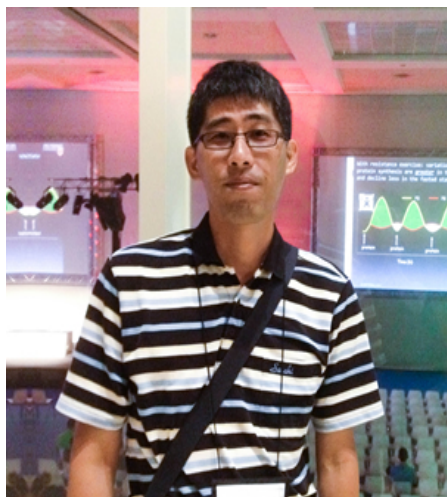
This presentation will address an overview of exercise and nutritional intervention studies linked to markers of cardiometabolic risk and highlight research on glycaemic index foods and protein rich breakfast for potential strategies to improve cardiometabolic health.

**Key words: exercise, diet, cardiometabolic health**

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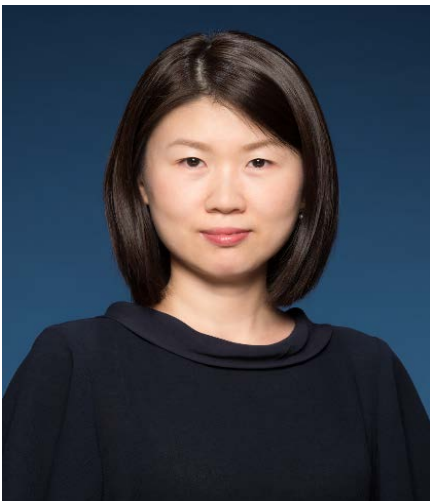
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## 特別論壇 II: 運動、營養與健康特別論壇

### Special Symposium II: Sports, Nutrition, and Health Special Forum



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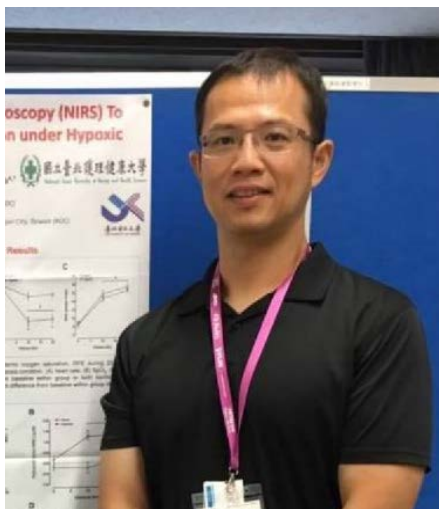
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### Special Symposium V : Engage discussion on social sciences with sports, physical activity and PE



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## 特別論壇 VI：The effect of physical literacy intervention on health in various populations



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## 2023 年臺灣身體活動與運動科學國際學術研討會口頭發表議程表

發表時間：112 年 5 月 20 日(星期六)

主題	主持人
<p><b>口頭發表 I</b></p> <p>OI-1 吳俊霖 使用三維人體姿態估計深度學習網路於桌球正手擊球動作之評估</p> <p>OI-2 羅任余 擾動在桌球發球的運用:奧洽洛夫對戰林昀儒之個案研究</p> <p>OI-3 陳姿妤 腕關節跟踝關節本體感覺與上下肢動作能力間之相關性</p> <p>OI-4 許銘華 應用賽局理論分析桌球選手林昀儒擰接之最佳策略</p> <p>OI-5 賴子維 阻力訓練對肌力與肌肥大之文獻探討</p> <p>OI-6 余殷杰 大專優秀運動員身體組成跟運動表現相關性之研究</p>	<p>林彥廷 R103</p>
<p><b>口頭發表 II</b></p> <p>OII-1 王奕云 臺灣運動科學國際競爭力與發展策略之探析</p> <p>OII-2 周珈頡 臺灣運動防護專業研究的過去、現在與未來建議—範域文獻回顧</p> <p>OII-3 盧敬元 潛水旅遊的永續發展之因素-以綠島為例</p> <p>OII-4 楊筑鈞 當「嬌點」變成「焦點」-析論 2023 年世界棒球經典賽中華隊啦啦隊之應援效應</p> <p>OII-5 鄧閔仁 美國、英國、加拿大跨性別民眾參與運動之政策規範分析</p> <p>OII-6 謝采育 探討雙語體育課程中教師採用之教學策略</p>	<p>陳渝苓 R104</p>
<p><b>口頭發表 III</b></p> <p>OIII-1 倪國順 經絡蹂躪暨下半身持續性調理對養身保健研究</p> <p>OIII-2 王旻榆 藻紅素抗疲勞特性的評估：從肌肉損傷、氧化壓力和發炎反應機制探討</p> <p>OIII-3 Wing Sum Cheng 探討評估運動防護員職業傷害與健康的研究方法 – 範域文獻回顧</p> <p>OIII-4 劉正甯 單次口服大蒜萃取物補充對人體運動後肌肉肝醣回補之表現</p> <p>OIII-5 賴凡鎧 不同運動時機服用辣椒素全身脂肪氧化率與有氧運動能力觀察：初步研究</p>	<p>張振崗 R533</p>

<p>OIII-6 許芳瑜 比較動態熱身與慣性飛輪離心超負荷蹲舉預處理對反覆衝刺跑後等速肌力表現之影響</p>	
<p><b>口頭發表 IV</b></p> <p>OIV-1 商景涵 冰敷與按摩對過肩運動員於疲勞後的肩部肌肉疼痛舒緩及活動度改善的立即效應</p> <p>OIV-2 方致遠 具有肌力感測與短波治療智慧護膝對肌肉恢復能力的影響</p> <p>OIV-3 薛庭宜 新冠疫情間線上有氧舞蹈介入對於不同動作能力成年人其身體功能表現之效益</p> <p>OIV-4 廖炳霖 口服大蒜萃取物減緩耐力起運動引發炎反應但不能提升自由車耐力運動表現</p> <p>OIV-5 陳意翔 桌球拉正手下旋球的重要關鍵姿勢分析</p> <p>OIV-6 呂 玟 不同穿線配置對羽球子母線恢復係數比較</p>	<p>張立羣 B1 國際 會議廳</p>

發表時間：112 年 5 月 21 日(星期日)

主題	主持人
<p><b>口頭發表 V</b></p> <p>OV-1 陳麗雪 呼拉圈體能活動對不同性別之幼兒的靜態平衡能力影響</p> <p>OV-2 曾苡瑄 融合式適應體育內容分析之研究</p> <p>OV-3 李宥萱 身體活動度、睡眠品質與老年人之認知功能：前導性研究</p> <p>OV-4 黃彥寧 心肺適能對高齡者執行功能之影響：橫斷式研究</p> <p>OV-5 蔡晏榕 椅子瑜珈結合 Wii Fit 訓練對社區老年人跌倒預防與平衡控制的影響</p> <p>OV-6 余建霖 球類運動對國小學童動作發展影響之探討</p>	<p>李曜全 R103</p>
<p><b>口頭發表 VI(全英)</b></p> <p>OVI-1 陳姿蓉 急性震動訓練結合血流限制對中高齡者神經認知表現的效果</p> <p>OVI-2 張雅蕙 咖啡因口香糖對於女壘球投手的投球表現的影響</p> <p>OVI-3 許錦泉 國中體育班學生對運動禁藥認知情形之探討</p> <p>OVI-4 李珈嘉 熱滅活植物乳桿菌 TWK10 對運動表現及身體組成之影響</p>	<p>程一雄 R104</p>

<p>OVI-5 卓筱晴 不同性別的自由車耐力選手身體運動素質之探討</p> <p>OVI-6 曾傑聖 中斷久坐對無規律運動者餐後血壓的影響</p>	
<p><b>口頭發表 VII (全英)</b></p> <p>OVII-1 Cindy Vanderveken (陸瑩) Women's portrayal in the sports media: How far have we come?</p> <p>OVII-2 金修煥 韓國運動賽事永續發展目標政策與策略分析</p> <p>OVII-3 Noémie Vanderveken (陸伊敏) Investigation of the different factors linked to the sedentary and physical inactivity behaviours of children and adolescents in France</p> <p>OVII-4 林承佑 個人或團體運動對執行功能之影響：橫斷式研究</p> <p>OVII-5 楊皓文 新舊課綱下國民小學健體領域教科書變化情形</p>	<p>李炳昭 R533</p>
<p><b>口頭發表 VIII</b></p> <p>OVIII-1 吳昱樵 路跑參與者參與動機、滿意度與再參與意願之關係 - 以 2022 年慢城山水馬拉松為例</p> <p>OVIII-2 劉昭廷 FACEBOOK 互動及關係品質之研究 -以統一 7-ELEVEn 獅隊為例</p> <p>OVIII-3 徐子晴 職業運動員使用社交媒體之分析-以 STAR 模型分析</p> <p>OVIII-4 郭伊芹 有無力竭之阻力運動對於健康年輕男性的食慾及食物偏好影響</p> <p>OVIII-5 許銘華 基於深度學習方法推薦對戰桌球削球選手最佳致勝模式</p> <p>OVIII-6 余珮璇 阻力運動在不同月經週期對於進食行為之影響-前導實驗</p>	<p>聶喬齡 B1 國際會議廳</p>

## 2023 年臺灣身體活動與運動科學國際學術研討會海報發表議程表

發表時間：112 年 5 月 20 日(星期六)

場地:社管大樓 1 樓大廳

主題	主持人
<p><b>海報發表 I</b></p> <p>PI-1 蔡侑庭 2020 東京奧運男子三級跳遠助跑過程之分析</p> <p>PI-2 高佳玲 舉重槓鈴自動辨識系統之信度與效度</p> <p>PI-3 林玉婕 不同道次彎道跨欄動作之運動學分析</p> <p>PI-4 陳佳儀 法式滾球成功射擊和失敗射擊上下肢肌肉肌電訊號之比較</p> <p>PI-5 林洧丞 國小年齡層擊劍運動員聲光反應時間之探討</p> <p>PI-6 張 婷 柔道選手賽前減重對身體素質之影響</p> <p>PI-7 鄭淳之 十六週漸進式阻力訓練對國中生下肢運動能力之影響</p> <p>PI-8 周德鈞 大專籃球選手身體組成與下肢肌力之相關性研究</p> <p>PI-9 周德鈞 大專籃球選手身體組成與心肺適能之相關性研究</p>	<p>陳哲修</p>
<p><b>海報發表 II</b></p> <p>PII-1 王安瑜 咖啡因口香糖對籃球選手飛輪慣性阻力訓練裝置運動表現之影響之探討</p> <p>PII-2 林淑君 碳水化合物漱口對女壘球打者的表現影響</p> <p>PII-3 陳宗誠 咖啡因口香糖對於籃球選手的無氧衝刺能力表現的影響</p> <p>PII-4 劉後劭 咖啡因口香糖對於籃球專項運動表現的影響</p> <p>PII-5 戴敬文 咖啡因口香糖對女壘打者運動表現之影響</p> <p>PII-6 林懷佑 碳水化合物漱口對於女壘投手運動表現影響</p> <p>PII-7 黃王享 混和成分營養補充品利得勁提升橄欖球運動員衝刺爆發力</p> <p>PII-8 董玠均 不同運動訓練對老化停經之胰島素阻抗和胰島素誘導之血管功能的影響</p> <p>PII-9 鄒曉郡 身體活動與動作協調能力對於學齡前兒童注意力不足過動傾向與執行功能關聯性之調節作用</p> <p>PII-10 蔡維航 HIIT 對身體組成影響之探討</p>	<p>楊聰人</p>

<p><b>海報發表 III</b></p> <p>PIII-1 張 靖 以自我決定理論中 simplex-like pattern 檢驗臺灣運動心理學研究的成果</p> <p>PIII-2 吳忠陽 不同族群學生參與運動社團及體育課動機研究的結果</p> <p>PIII-3 林家葳 不利條件下使用自我對話對注意力及運動表現的影響</p> <p>PIII-4 陳沛安 他人導向的完美主義對運動倦怠的影響</p> <p>PIII-5 黃慧慈 心理堅韌性與自律對長跑選手運動表現之影響</p> <p>PIII-6 陳玟卉 融合式身體識能訓練對發展協調障礙兒童的介入成效：基礎動作技巧</p> <p>PIII-7 黃少伯 教練領導行為與教練選手關係對團隊凝聚力的影響</p> <p>PIII-8 張若琳 籃球裁判工作熱情之探析</p> <p>PIII-9 張庭瑜 零時體育介入國中體育班注意力及記憶力之影響</p>	<p>陳毓君</p>
<p><b>海報發表 IV</b></p> <p>PIV-1 黃塏婷 台灣版成人發展協調障礙檢核表之信度與效度：初探研究</p> <p>PIV-2 戴嶸穎 動故事團體介入對於肢體障礙兒童家庭生活品質之影響：質性研究分析</p> <p>PIV-3 王紫瑄 彈翻床運動訓練對國小學童記憶力與體適能成效之研究</p> <p>PIV-4 江至薇 大專甲組桌球運動員少年時期與教練的關係和管教行為對身心健康與運動表現的影響</p> <p>PIV-5 吳思嚴 運動治療對於帕金森氏症患者執行功能效益之統合分析</p> <p>PIV-6 高堂恩 融合式身體識能訓練對發展協調障礙兒童的介入成效：認知執行功能</p> <p>PIV-7 潘錦和 第二版兒童動作評估測驗檢核表於台灣學齡年兒童族群之適用性：初步研究結果</p> <p>PIV-8 Huynh Truc Tran OBJECTIVELY MEASURED PHYSICAL ACTIVITY IN CHILDREN WITH DEVELOPMENTAL COORDINATION DISORDER: A SYSTEMATIC REVIEW AND META-ANALYSIS</p> <p>PIV-9 王琦心 學習桌球的動機內涵:以國內證實研究為例</p>	<p>宋岱芬</p>

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主題	主持人
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