

● 著作與研究成果：

(A)國際期刊論文(Peer-reviewed articles)

1. Yang, C.-C., **Wu, C.-L.**, Chen, I.-F., Chang, C.-K. (2016) Prevention of perceptual-motor decline by branched-chain amino acids, arginine, citrulline after tennis match. *Scandinavian Journal of Medicine & Science in Sports*. doi: 10.1111/sms.12717. [Epub ahead of print]
2. Chiu, C.-H., Burns, S.F., Yang, T.-J., Chang, Y.-H., Chen, Y.-L., Chang, C.-K., and **Wu, C.-L.*** (2014) Energy replacement using glucose does not increase postprandial lipemia after moderate intensity exercise. *Lipids in Health and Disease* 2014, 13:177 (SCI) (NSC 99-2410-H-005-056)
3. Chiu, C.-H., Li, T.-L., Chang, C.-K., and **Wu, C.-L.*** (2013) The potential ways for preventing postprandial inflammation – a review. *Current Topics in Nutraceutical Research*, 11(4):129-136. (SCI). (NSC 100-2410-H-005-049).
4. Cheng, I.-S., Huang, S.-W., Lu, H.-C., **Wu, C.-L.**, Chu, Y.-C., Lee, S.-D., Huang, C.-Y., and Kuo, C.-H. (2012) Oral hydroxycitrate supplementation enhances glycogen synthesis in exercised human skeletal muscle. *British Journal of Nutrition*, 107(7):1048-55 (SCI, 2010 IF: 3.072, 19/70 in Nutrition & Dietetics)
5. Jang, T.-R., **Wu, C.-L.**, Chang, C.-M., Hong, W., Fang, S.-H., and Chang, C.-K. (2011) Effects of carbohydrate, branched-chain amino acids, and arginine in recovery period on the subsequent performance in wrestlers. *Journal of the International Society of Sports Nutrition*, 8:21(SCI-E, 2010 IF: 2.675, 9/79 in Sport Sciences)
6. **Wu, C.-L.**, Shih, M.-C., Yang, C.-C., Huang, M.-H., and Chang, C.-K. (2010) Sodium bicarbonate supplementation prevents skilled tennis performance decline after a simulated match. *Journal of the International Society of Sports Nutrition*, 7:33. (SCI-E, 2010 IF: 2.675, 9/79 in Sport Sciences)
7. Ko, M.-H., Chang, C.-K., **Wu, C.-L.**, Hou, Y.-C., Hong, W., Fang, S.-H. (2010) The interactive effect of exercise and immunosuppressant cyclosporin A on immune function in mice. *Journal of Sports Sciences*, 28:967-973. (SCI, IF: 1.870, 31/ 79 in Sport Sciences).
8. Cheng, I.-S., Liao, S.-F., Liu, K.-L., Liu, H.-Y., **Wu, C.-L.**, Huang, C.-Y., Mallikarjuna, K., Smith, R.W. and Kuo, C.-H. (2009) Effect of dietary glycemic index on substrate transporter gene expression in human skeletal muscle after exercise. *European Journal of Clinical Nutrition*, 63(12):1404-10 (SCI , 2010 IF: 2.561, 24/70 in Nutrition & Dietetics)
9. **Wu, C.-L.**, Lin, H.-S., Chiu, C.-H., Fang, S.-H., Cheng, I.-S., and Chang C.-K. (2009) The influence of ingestion glucose beverage before graded exercise to exhaustion on saliva IgA concentration in hypoxia and normoxia environment. *International Journal of Sport and Exercise Science* 1(2): 55-58.
10. Liu, T.-H., **Wu, C.-L.**, Chiang, C.-W., Lo, Y.-W., Tseng, H.-F., Chang, C.-K. (2009) No effect of short-term arginine supplementation on nitric oxide production, metabolism, and performance in intermittent exercise in athletes. *Journal of Nutritional Biochemistry* 20: 462-468 (SCI , 2010 IF: 4.583, 5/70 in Nutrition & Dietetics)
11. **Wu, C.-L.**, Hung W., Wang, S.-Y., and Chang, C.-K. (2008) Hormonal responses in heavy training and recovery periods in an elite male weightlifter. *Journal of Sports Science and Medicine*

- 7(4):560-561 (SCI, 2010 IF: 0.676, 58/79 in Sport Sciences) ([NSC 90-2320-B-242-007](#) and [NSC 91-2320-B-028-001](#)).
12. Tzang, B.-S., Yeh, Y.-L., Hsieh, D. J.-Y., Huang, S.-K., Kuo, W.-H., Kuo, W.-W., **Wu, C.-L.**, Hu, C.-M., Lee, S.-D., Huang, C.-Y. (2008) P38 mitogen-activated protein kinase pathways are involved in the hypertrophy and apoptosis of cardiomyocytes induced by *Porphyromonas gingivalis* conditioned medium. *Cell Biochemistry and Function* 26(2): 246–255. (SCI, 2010 IF: 1.651, 147/177 in Cell Biology)
 13. Jong G.-P., Wang Y.-F., Tsai F.-J., Chang H.-J., **Wu C.-L.**, Liu R.-H., Wu C.-C., Hsieh J.-Y., Huang C.-Y., Lee S.-D. (2007) Immunoglobulin E and matrix metalloproteinase-9 in patients with different stages of coronary artery diseases. *Chinese Journal of Physiology* 50(6): 277-282 (SCI, 2010IF: 0.683, 70/77 in Physiology)
 14. **Wu, C.** and Williams, C. (2006) A low glycaemic index meal before exercise improves endurance running capacity. *International Journal of Sport Nutrition and Exercise Metabolism* 16(5): 510-527. (SCI, 2010 IF:2.230, 20/79 in Sport Sciences)
 15. Li, T.-L., **Wu, C.-L.**, Gleeson, M. and Williams, C. (2004) Low glycemic index pre-exercise meal attenuates blood leukocyte redistribution during subsequent exercise. *International Journal of Sport Nutrition and Exercise Metabolism* 14(6): 647-656. (SCI, 2008 IF: 1.451, 71/34)
 16. **Wu, C.**, Nicholas, C., Williams, C., Took, A. and Hardy, L. (2003) The influence of high-carbohydrate meals with different glycaemic indices on substrate utilisation during subsequent exercise. *British Journal of Nutrition* 90: 1049-1056. (SCI, 2008 IF: 2.764, 59/15)

(B)中文期刊論文(Peer-reviewed articles) *為通訊作者

1. 楊璉人, 邱志暉, 巫錦霖*(2012)運動與碳水化合物對於餐後血脂的影響。中華體育, 26(3), 291-298。(國科會一級期刊, 4/25 體育學門)
2. 邱志暉、**巫錦霖***(2010)補充支鏈胺基酸對於運動表現及運動後恢復期的影響。中華體育。24(3):93-101。(國科會一級期刊, 4/25 體育學門)
3. 邱志暉、張振崗、林漢斯、**巫錦霖***(2009)運動前攝取碳水化合物在急性低氧環境下對於脂肪氧化率的影響。大專體育學刊 11(4): 131-140。(TSSCI 期刊, 國科會一級期刊, 1/25 體育學門)
4. 邱志暉、**巫錦霖***(2009)常氧及低氧環境下補充碳水化合物對於耐力運動表現的影響。中華體育。23(4):26-33。(國科會一級期刊, 4/25 體育學門)
5. 許維哲、張振崗、**巫錦霖***(2009)優秀青年手球選手賽季間專項體能及唾液荷爾蒙變化之研究。大專體育學刊 11(3):117-129。(TSSCI 期刊, 國科會一級期刊, 1/25 體育學門)
6. 廖淑芬、林一郎、**巫錦霖**、程一雄(2008)運動後碳水化合物補充對人體骨骼肌基因表現效應-寡核糖核酸微陣列分析。體育學報 41(1):13-23。(國科會一級期刊, 2/25 體育學門)
7. 程一雄、廖淑芬、**巫錦霖**、李寧遠(2007)運動後不同升糖指數碳水化合物補充對人體骨骼肌葡萄糖轉運子影響。大專體育學刊 9(1):115-126。(TSSCI 期刊, 國科會一級期刊, 1/25 體育學門)
8. 洪暉、**巫錦霖**、江季洧、谷淑華、張振崗、邱彥成(2006)未受訓練者氧化壓力與血脂在15天單車環島期間之變化。健康促進科學 1(2):93-101。

(C)專書與專書論文

1. **巫錦霖**。張妙瑛主編。臺灣全志，卷八，教育志，體育篇，第七章，衛生教育。國史館臺灣文獻館，民 98。ISBN 9789860199420。
2. 卓俊辰、方進隆、蔡秀華、林晉利、黃谷臣、謝錦成、卓俊伶、劉影梅、黃永任、**巫錦霖**。卓俊辰主編。健康體適能理論與實務。華格納出版社，民 96。ISBN 978-986-7176-83-7。

(D)研討會論文 (conference paper, peer reviewed article) *為通訊作者

1. 陳俞廷、巫錫霖、張振崗、**巫錦霖***。神經性退化疾病患者其胰島素敏感度之探討。2008年運動與健康管理研討會。Nov 28, 2008, 台中，中興大學，p219-230。ISBN 978-986-84827-4-6。

(E)研討會摘要 (conference abstract) *為通訊作者

1. **Wu, C.-L.***, Shih, J.-C., Chen, C.-H., Chiu, C.-H., and Chang, C.-K. The influence of 6 weeks exercise training on gut fusobacterium and inflammatory markers in inactive young adult. 22nd European College of Sport Science, July 5-8, 2017, Essen, Germany. (MOS 105-2410-H-005-028-)
2. **Wu, CL.***, Cheng, Y.-N., Chiu, C.-H., and Hong, K.-H. The Effect of Aromatherapy on Delayed Onset Muscle Soreness. 21st European College of Sport Science, June 24-27, 2016, Vienna, Austria. (MOS 104-2410-H-005-040-)
3. **Wu, CL.***, Chiu, CH., Chen, PW., and Chang, CK. The effect of endurance exercise and resistance exercise on postprandial lipemia. 20th European College of Sport Science, June 24-27, 2015, Malmo, Sweden. (MOS 103-2410-H-005 -065).
4. **Wu, CL.***, Chen, CC., Chang, CK., and Chiu, CH. The effect ingestion of carbohydrate and caffeine on endurance exercise performance in hypoxia environment. 18th European College of Sport Science, June 26-29, 2013, Barcelona, Spain. (NSC 101-2410-H-005-063).
5. **Wu, CL.***, Tseng MH., Yang, TJ., and Chang, CK., The effect of carbohydrate and exercise on postprandial lipid metabolism related gene expression. 16th Annual Congress of the European College of Sport Science, July 6-9, 2011, Liverpool, UK. pp 605. (NSC98-2410-H-005-053-)
6. **Wu, CL.***, Yang, TJ., Tseng MH., and Chang, CK., The effect of ingestion of carbohydrate and exercise on postprandial lipid metabolism. 15th Annual Congress of the European College of Sport Science, June 23-26, 2010, Antalya, Turkey. pp 354. ISBN978-605-61427-0-3 (NSC 96-2413-H-005-006-MY2)
7. Tseng, MH., Chen, NT., Lien, YH., and **Wu, CL.***, Salivary IgA, cortisol and testosterone concentrations changes in elite tennis players. III International Conference of Physical Education and Sports Science, May 25-28, 2010, Singapore. pp 252. ISBN978-981-08-5734-9
8. Huang HC, Chang CK, and **Wu, CL.***, Ingesting of caffeine and carbohydrate before exercise did not hugely effected the rate of fat oxidation and maximal oxygen uptake in hypoxia environment. III International Conference of Physical Education and Sports Science, May 25-28, 2010, Singapore. pp 253. ISBN978-981-08-5734-9

9. **Wu, CL.**, Tsai, YS., Tseng, MH., and Chang, CK. The influence of short-term glycemic index diet and exercise on postprandial lipid profile. (Oral presentation) *Joint Conference: 4th Asia-Pacific Conference on Exercise & Sports Science & 8th International Sports Science Conference. July 15-17, 2009, Kota Bharu, Malaysia.* pp 49. ([NSC 96-2413-H-005-006-MY2](#))
10. Yang, TJ., Chiu, YC., Hung, W., Ku, SH., Chang, CK., **Wu, CL.*** Fitness profile before and after 15 days cycling tour in college students. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 405. ISBN978-972-735-156-5
11. Shieh, B. S., **Wu, CL.***, Chang C. K. The effect of acid-induced-viscosity complex incorporated into glucose drink on postprandial glycemia and subsequent exercise metabolism. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* ISBN978-972-735-156-5
12. Chung, YC., Chang, CK., **Wu, CL.*** The effect of glycemic index breakfast and exercise on the postprandial lipid profile after subsequent fatty meal. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 405. ISBN978-972-735-156-5 ([NSC 96-2413-H-028-003-MY2](#))
13. Chiu, CH., Chang, CK., **Wu, CL.*** Ingesting carbohydrate before exercise did not hugely affected the rate of fat oxidation and maximal oxygen uptake in hypoxia environment. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 405. ISBN978-972-735-156-5
14. Lin, HS., Chang, CK., Fang, SH., **Wu, CL.*** The influence of ingestion glucose before graded exercise to exhaustion on saliva IgA concentration in hypoxia and normoxia environment. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 196. ISBN978-972-735-156-5
15. Yang .CC., Shih, MC., Chiang, CW., **Wu, CL.**, Chang, CK. Effect of sodium bicarbonate supplementation on tennis skill performance after a simulated match. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 130. ISBN978-972-735-156-5
16. Lu, GY., Chiang, CW., Ku, SH., Chiu, YC., Hung, W., **Wu, CL.**, Chang, CK. Effect of radix salviae miltiorrhizae (danshen) on changes of antioxidant status during a 15-day cycling tour. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 378. ISBN978-972-735-156-5
17. Chang, CM., Chiang, C., Ku, S., Chiu, Y., Hung, W., **Wu, C.**, Chang, C. Effect of radix salviae miltiorrhizae (danshen) on changes in bone formation markers and hormone profiles during a 15-day cycling tour. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 377. ISBN978-972-735-156-5
18. Lee, HH., Hung, W., Fang, SH., **Wu, CL.**, Chang, YW., Chiang, CW., Chiu, YC, Chang, CK. Cyclosporin a differently affects cortical bone and cancellous bone in exercise trained mouse. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 446. ISBN978-972-735-156-5
19. Liu, TH., Lo, YW., **Wu, CL.**, Chiang, CW, Chang, CK. Effect of short-term arginine

- supplementation on nitric oxide, vasodilation, and performance in athletes. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 606. ISBN978-972-735-156-5
20. Ko, M.H., Chang, C., **Wu, C.**, Hung, W., Shih, P., Fang, S. The interactive effect of exercise and immunosuppressant cyclosporine on immune function in mice. *13th Annual Congress of the European College of Sport Science, July 9-12, 2008, Estoril, Portugal.* pp 416. ISBN978-972-735-156-5
21. 程正欣、蕭佩姍、張怡雯、邱彥成、**巫錦霖**、張振崗。十五天自行車環島活動對於非專項運動員之膝關節等速肌力的影響，*2007 國際生物力學研討會暨臺灣運動生物力學年會*，台北，師大，Nov 10-11, 2007
22. Li, T.-L., Chiu, Y.-C., Hung, W., Chiang, C.-W., **Wu, C.-L.** and Chang, C.-K. (2007). The effect of prolonged cycling for 15 consecutive days on neutrophil responses in untrained cyclists. *8th International Society of Exercise and Immunology Symposium*, P26.
23. Yi-Wen Chang, Hong-Wen Wu, Yen-Chen Chiu, **Ching-Lin Wu**, Chen-Kang Chang. Effect of a 15-day cycling tour on electromyographic changes in lower extremity in untrained subjects. *Journal of Biomechanics*, Taipei, Taiwan, July 1-5, 2007.
24. Yi-Wen Chang, Hong-Wen Wu, Yen-Chen Chiu, **Ching-Lin Wu**, Chen-Kang Chang. Electromyography change in a 15-day cycling tour for untrained subject (#4678). *The 5th World Congress of Biomechanics*, Jul 27-Aug 4 2006, Munich University, Germany.
25. **Wu, C.-L.**, Chiu, Y.-C., Chang, C.-K., Ku, S.-H, Hong W., and Chang, Y.W. (2006) The effect of 15-day cycling tour on anabolic and catabolic hormones responses in untrained women and men. *The 11th Annual Congress of the European College of Sport Science*, Lausanne, Switzerland, pp.291.
26. **Wu, C.-L.**, Tsai, Y.-S, Chiang, C.-W and Chang, C.-K. (2006) The influence of glycaemic index diet and exercise on postprandial lipid profile. *The 32nd Annual Meeting of the Nutrition Society of Taiwan* (第 32 屆中華民國營養學年會), Taichung, Taiwan, pp.161. (NSC: 94-2413-H-028-003-)

(F)執行計畫

1. 運動對於腸道微生物相及其代謝產物氧化三甲胺、butyrate 與心血管風險因子之影響 (106-2410-H-005-034-), 科技部, 2017/8/1 至 2018/7/31, 主持人, 經費 918,000 元。
2. 運動對於腸道微生物相與微生物代謝物之影響-以探討 Fusobacterium 及 Butyrate 為例 (105-2410-H-005-028-), 科技部, 2016/8/1 至 2017/10/31, 主持人, 經費 1,018,000 元。
3. 運動與微生物相-運動對於人體 fusobacterium 與免疫功能之影響(104-2410-H-005-040-), 科技部, 2015/8/1 至 2016/7/31, 主持人, 經費 917,000 元。
4. 運動對微生物組之影響(I)-運動對於 Fusobacterium, 免疫反應及大腸直腸癌風險之影響 (103-2410-H-005-065-), 科技部, 2014/8/1 至 2015/7/31, 主持人, 經費 952,000 元。
5. 補充支鏈胺基酸、精胺酸與瓜胺酸對中樞疲勞與反應式技術表現的影響 (102-2410-H-028-002-MY3), 科技部, 2013/8/1 至 2016/7/31, 共同主持人, 經費 3,237,000 元。
6. 運動對於高脂肪餐後血液流變與發炎反應之影響(101-2410-H-005-063-), 科技部, 2012/8/1

至 2013/7/31，主持人，經費 1,092,000 元。

7. 運動對高脂肪飲食所引起之低程度發炎反應之影響(100-2410-H-005 -049) ， 政院國家科學委員會，2011/8/1 至 2012/7/31，主持人，經費 494,000 元。
8. 運動、熱量缺乏與羧基檸檬酸對餐後脂肪代謝之影響 (99-2410-H-005 -056)，行政院國家科學委員會，2010/8/1 至 2011/7/31，主持人，經費 1,172,000 元。
9. 不同脂肪酸與運動對於餐後脂肪代謝之影響(98-2410-H-005-053-)，行政院國家科學委員會，2009/8/1 至 2010/7/31，主持人，經費 770,000 元。
10. 苦瓜之多元保健功能研究開發--預防餐後高血脂與發炎反應的苦瓜保健食品研發 (98-2321-B-028-001-)，行政院國家科學委員會，2009/8/1 至 2010/7/31，共同主持人，經費 1,134,000 元。
11. 補充精胺酸與支鏈胺基酸對運動表現的影響(III)-分子機轉(98-3430-B-028-001- MY3) ， 行政院國家科學委員會，2009/8/1 至 2012/7/31，共同主持人，經費 3,317,000 元。
12. 帕金森症病患發展為胰島素阻抗者其身體活動與生活品質之研究，中興大學人文社會中心，2009/5/1-2009/12/31，主持人，經費 140,000 元。
13. 補充精胺酸與支鏈胺基酸對運動表現的影響(97-2320-B-028-002-)，行政院國家科學委員會，2008/8/1 至 2009/7/31，共同主持人，經費 700,000 元
14. 不同升糖指數早餐與運動對於其後高脂肪飲食的脂肪代謝之研究 (96-2413-H-028-003-MY2)，行政院國家科學委員會，2007/8/1 至 2009/7/31，主持人，經費 1,222,000 元。
15. 以肌肉肝醣濃度、葡萄糖轉運子和脂肪酸轉位酶蛋白質表現，評估運動後碳水化合物補充服用補充劑對人體骨骼肌肉肝醣生合成的影響(II) (96-2413-H-166-001-)，行政院國家科學委員會，2007/8/1 至 2008/7/31，共同主持人，經費 571,000 元。
- 16.不同升糖指數的飲食與運動對脂肪代謝的影響(94-2413-H-028-003-)，行政院國家科學委員會，2005/8/1 至 2006/7/31，主持人，經費 537,000 元。