

張育愷 Yu-Kai Chang, Ph.D.

個人履歷 (Curriculum Vitae)

基本資料 (Background)



現職 (Current Position)

國立臺灣師範大學，體育學系，特聘教授

(Distinguished Professor, Department of Physical Education, National Taiwan Normal University)

身體活動認知神經科學實驗室，主持人

(Director, Physical Activity and Cognitive Neuroscience Laboratory)

網站 (Website)

身體活動認知神經科學實驗室

(Director, Physical Activity and Cognitive Neuroscience Laboratory)

<http://pacnlntnu.wixsite.com/pacnlntnu>

國立臺灣師範大學體育學系

(Department of Physical Education, National Taiwan Normal University)

<http://www.pe.ntnu.edu.tw/members/bio.php?PID=295>

Google 學術 (Google Scholar)

ResearchGate

https://www.researchgate.net/profile/Yu_Kai_Chang

Facebook: 大腦鬧帶你一起瘋運動

https://www.facebook.com/PAPCNL/?fb_dtsg_ag=Adzxdf-weZmkPfxu50qV4Bh2PNcTGvQ0axBzvdJz0RessA%3AAdw2mMqTkuvJjxL6NCTQ2OdzMUZNfVo7jzxVJ_w1J6Gixw

教育背景 (Education)

2013/05~ 2013/09 Visiting Scholar, Department of Kinesiology, University of North Carolina at Greensboro

(美國北卡羅萊納大學格林斯堡校區，人體運動學系，訪問學者)

2004/08 ~ 2008/12 Doctor of Philosophy, Department of Exercise and Sport Science, University of North Carolina at Greensboro

(美國北卡羅萊納大學格林斯堡校區，健身與競技運動科學系，哲學博士)

- 1999/09 ~ 2001/06 臺北市立體育學院，運動科學研究所，碩士
(Master of Science, Graduate Institute of Sport Science, Taipei Physical Education College)
- 1995/09 ~ 1999/06 中國文化大學，體育系國術組，學士
(Bachelor, Department of Physical Education, Chinese Martial Art Section, Chinese Culture University)

學術相關經歷 (Academic Appointments)

- 2018/07~ 亞太運動心理學學會，執行委員
迄今 (Managing Council, Asian-South Pacific Association of Sport Psychology)
- 2017/07~ 國際運動心理學學會 (國際上第一個創立之運動心理學會)，執行委員
迄今 (Managing Council-at Large, International Society of Sport Psychology)
- 2017/07~ 2018 年雅加達亞運國家運動訓練中心，運科支援團隊運動心理學委員
迄今 (2018 Sport Psychology committee for Jakarta Asian Games, National Sports Training Center)
- 2018/01 ~ 臺灣運動心理學會，副理事長
迄今 (Vice President, Society for Sport and Exercise Psychology of Taiwan)
- 2015/01 ~ 臺灣運動心理學會，常務理事
迄今 (Executive Member of the Council, Society for Sport and Exercise Psychology of Taiwan)
- 2011~2018/07 教育部培育優秀青少年運動人才計畫，運動心理學分案計畫主持人
(Sectional Principle Investigator of Sport Psychology, Cultivating elite young athlete, Sport Administration, Ministry of Education)
- 2015/08~ 國立體育大學，研究發展處，研發長
2018/07 (Dean, Office of Research and Development, National Taiwan Sport University)
- 2015/02~ 國立體育大學，競技與教練科學研究所，教授
2018/07 (Professor, Graduate Institute of Athletics and Coaching Science, National Taiwan Sport University)

學科領域 (Academic Area of Interests)

健身運動心理學、競技運動心理學、認知神經科學、身體活動與認知功能
(Exercise Psychology, Sport Psychology, Cognitive Neuroscience, Physical Activity and Cognitive Function)

術科領域專長 (Sport Area of Interests)

中國武術 (太極拳、形意拳、八卦掌、少林拳械、氣功)、游泳
(Chinese Martial Art: Tai Chi Chuan/Taiji, Xingyi, Bagua, Shaolin, Qigong; and Swimming)

獲獎榮譽 (Honors and Awards)

- 2017 106 年度中華民國科技部，特殊優秀人才獎勵
(2017 Outstanding Research Award, Ministry of Science and Technique, Taiwan)
- 2017 教育部體育署，106 年度運動科學研究及發展優等獎勵 (高爾夫)
2014 Excellent Award, Sport Science Research and Development, Sports Affairs,
Ministry of Education (golf)
- 2017 教育部體育署，106 年度運動科學研究及發展優等獎勵 (飛鏢)
2014 Excellent Award, Sport Science Research and Development, Sports Affairs,
Ministry of Education (dart)
- 2017 106 學年度國立體育大學教師，學術研究獎
(2017 Faculty Research Award, National Taiwan Sport University)
- 2016 105 年度中華民國科技部，特殊優秀人才獎勵
(2016 Outstanding Research Award, Ministry of Science and Technique, Taiwan)
- 2016 教育部體育署，105 年度運動科學研究及發展佳作獎勵
2015 Honorable Mentioned, Sport Science Research and Development, Sports Affairs,
Ministry of Education
- 2016 105 學年度國立體育大學教師，學術研究獎
(2015 Faculty Research Award, National Taiwan Sport University)
- 2015 104 年度中華民國科技部，特殊優秀人才獎勵
(2014 Outstanding Research Award, Ministry of Science and Technique, Taiwan)
- 2015 教育部 104 年度大專院校特殊優秀人才彈性薪資 (體育界唯一獲最高獎項者)
(2015 Outstanding Research Award, Ministry of Education, Taiwan)
- 2015 104 學年度國立體育大學教師，學術研究獎
(2015 Faculty Research Award, National Taiwan Sport University)

國際與國內學術社群服務 (Academic Services International and Domestic)

- 2019/06 **Conference Committee**, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，北美競技運動暨身體活動心理學學會)
- 2019/06 **Conference Reviewer**, European Federation of Sport Psychology (FEPSAC) Congress 2019
(會議審查委員，2019 歐洲運動心理學會)
- 2019/05 **Member of the Science Slam board**, European Federation of Sport Psychology (FEPSAC) Congress 2019
(科學脫口秀/科學時尚秀評審委員，2019 歐洲運動心理學會)
- 2019/01 **Guest Editor of Special Issue**, Journal of Sport and Health Science. Topic: XXXXXXXX XXXXXXXXXXXX
(特邀編輯，競技運動與健康科學期刊 (SCI/SSCI, Q1)。議題：XXXXXXXXXXXXXXXXXXXX)
- 2017 ~ 迄今 **2021 世界大會主導者**，國際運動心理學會第 15 屆世界大會 (將會是臺灣歷年來，體育運動相關領域最大型的國際學術研討會)
2021 Conference organizer, 15th International Society of Sport Psychology World Congress, 2021.
- 2017/07 **代表臺灣申辦者**，代表臺灣申辦國際運動心理學會第 15 屆世界大會
Representative of Taiwan for conference, 15th International Society of Sport Psychology World Congress, 2021.
- 2017/06 **Conference Committee**, Sport and Exercise Psychology Section, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，競技與健身運動心理學部分，北美競技運動暨身體活動心理學學會)
- 2017/06 **Conference Committee**, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，北美競技運動暨身體活動心理學學會)
- 2016/12 **Guest Editor of Special Issue**, International Journal of Sport and Exercise Psychology. Topic: Chronic exercise and cognitive function: An update of current findings
(特邀編輯，國際競技與健身運動心理學期刊 (Scopus, Q2)。議題：慢性健身運動與認知功能：當代發現的更新)
- 2016/06 特邀編輯，體育學報 (TSSCI)。議題：運動與認知功能：流行病學、認知心理學、到認知神經科學之跨領域取向
(**Guest Editor of Special Issue**, Physical Education Journal. Title: Exercise, Sport, and Cognitive Function. Interdisciplinary of epidemiology, cognitive psychology, and cognitive neuroscience)
- 2016/06 **Conference Committee**, poster presentation section, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，海報發表部分，北美競技運動暨身體活動心理學學會)
- 2015/12 **Guest Editor of Special Issue**, Journal of Sport and Health Science. Topic: Acute exercise and cognitive function: emerging research issue
(特邀編輯，競技運動與健康科學期刊 (SCI/SSCI, Q1)。議題：急性健身運

動與認知功能：興起的研究議題)

2015/06 **Conference Committee**, Sport and Exercise Psychology Section, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，競技與健身運動心理學部分，北美競技運動暨身體活動心理學學會)

期刊編審服務 (Journal Editorial Activities)

- 2018/01 ~ **主編**，體育學報 (TSSCI)
present (Editor, Physical Education Journal, TSSCI)
- 2016/01 ~ **Associate Editor**, Journal of Sport and Health Science
present (競技運動與健康科學期刊 **副主編**，SCI/SSCI, Q1)
- 2016/05 ~ **Section Editor**, Exercise and Health: Biological Aspects of Behaviors,
present International Journal of Sport and Exercise Psychology
(領域編輯：生物層面之健身運動與健康，國際競技與健身運動心理學期刊，Scopus, Q2)
- 2016/01 ~ **Editorial Board Member**, International Journal of Sport and Exercise
present Psychology
(編審委員，國際競技與健身運動心理學期刊，Scopus, Q2)
- 2014/01 ~ **Editorial Board Member**, Journal of Sport and Exercise Psychology
present (編審委員，競技與健身運動心理學期刊, SCI/SSCI, Q1)
- 2015/08~ **主編**，臺灣體育學術研究
2018/07 (Editor, Taiwan Journal of Sport Scholarly Research)

國內外學術著作及文章發表 (Scholarship)

英文專書章節 (Book Chapter in English)

1. **Chang, Y. K.** & Berger, B.G. (in press). *Entry: Exercise psychology*. In D. Hackfort, R. J., Schinke, & B. Strauss, Dictionary of Sport Psychology, Elsevier.
2. **Chang, Y. K.** & Hung, T. M. (in press). *Entry: Attention-deficit/hyperactivity disorder*. In D. Hackfort, R. J., Schinke, & B. Strauss, Dictionary of Sport Psychology, Elsevier.
3. **Chang, Y. K.** (in press). *Entry: Yoga*. In D. Hackfort, R. J., Schinke, & B. Strauss, Dictionary of Sport Psychology, Elsevier.
4. Etiner, J. L. & **Chang, Y. K.** (in press). *Entry: Acute exercise effect*. In D. Hackfort, R. J., Schinke, & B. Strauss, Dictionary of Sport Psychology, Elsevier.
5. Etneir, J. L. and **Chang, Y. K.** (2019). *Physical Activity and Cognitive Performance*. In S. H. Thelma and A. L., Smith(Eds). Advance in Sport and Exercise Psychology (4th Edition), Human Kinetics, Champaign, IL.
6. **Chang, Y. K.** (2015). *Acute exercise and event-related potential: Current status and future prospects*. In T. McMorris. Exercise-Cognition Interaction: Neuroscience Perspectives. Elsevier, New York.
7. **Chang, Y. K.** (2015). *Exercise and cognition*. In B. G. Berger, D. Pargman & R. S. Weinberg (Eds.). Foundations of Exercise Psychology, Fitness Information Technology, Morgantown, WV.
8. **Chang, Y. K.** (2014). *Entry: Physical activity and cognition*. In R. Eklund & G. Tenenbaum, Encyclopedia of Sport and Exercise Psychology, Thousand Oaks, CA: Sage.
9. **Chang, Y. K.** & Etnier, J. L. (2014). *Physical activity and cognitive functioning*. In A. Papaioannou & D. Hackfort (Eds.), Fundamental Concepts in Sport and Exercise psychology. London: Taylor and Francis.
10. Williams, K. & **Chang, Y. K.** (2008). Aging and Motor Behavior. In V. Greg Payne, Mr. Peixin Geng (Ed.) Introduction to human motor development. Beijing, China: People's Publication.

中文專書與章節 (Book or Book Chapter in Chinese)

1. 王俊智、張育愷。(出版中)。第十二章：身體活動、認知功能與大腦。運動健康與體適能。臺北市，禾楓書局。臺北：華杏出版機構。
2. 張育愷。(2017)。第十四章：研究整合(統合分析)。身體活動研究法。臺北市，禾楓書局。
3. 洪聰敏，蔡佳良，張育愷。(2017)。體育運動大辭典(自然領域—運動心生理學詞條)。臺北：教育部。
4. 執行校閱：張育愷(2016)。總校閱：季力康、盧俊宏、洪聰敏；執行校閱：張育愷；譯者：張育愷等人。健身運動心理學：理論與實務的整合，中文第二版。臺北市，禾楓書局。
5. 總校閱：張育愷(2014)。教練的競技運動心理學。臺北市，易利圖書。
6. 總校閱：張育愷(2014)。運動員的生涯規劃。臺北市，禾楓書局。
7. 執行校閱：張育愷(2012)。總校閱：季力康、盧俊宏、洪聰敏；執行校閱：張育愷；譯者：張育愷等人。健身運動心理學：理論與實務的整合，中文第一版。臺北市，禾楓書局。

國際期刊論文 (SSCI/SCI/國際官方期刊) (Peer Reviewed International Journal Publication, SSCI/SCI/International Official Journal)

2018

1. Benzing, V., **Chang, Y. K.***, Schmidt, M.* (2018). Acute physical activity enhances executive functions in children with ADHD. *Scientific Reports*, 8: 12382. **【SCI, IF= 4.12; Ranking in Multidisciplinary Sciences: 12/64, 19%, Q1】**
2. Chen, F. T., Etnier, J. L., Wu, C. H., Cho, Y. M., Hung, T. M.*, & **Chang, Y. K.*** (2018). Dose-response relationship between exercise duration and executive function in late middle-aged adults. *Journal of Clinical Medicine*. **【SCI, IF=5.58, ranking in Medicine, General & Internal= 15/154, 9.7%, Q1】**
3. Chu, C. H., Chen, H. J. & **Chang, Y. K.*** (2018). Age, period and birth cohort effects on the prevalence of overweight and obesity among Taiwanese adolescents: A national population-based study. *Journal of Public Health*, 1-10. **【SSCI, IF= 1.67; Ranking in Public, Environmental & Occupational Health: 73/156, 47%, Q2】**
4. Huang, C.J., Huang, C.W., Hung, C.L., Tsai, Y.J., **Chang, Y. K.**, Wu, C.T., & Hung, T.M. (2018). Effects of Acute Exercise on Resting EEG in Children with Attention-Deficit/Hyperactivity Disorder. *Child Psychiatry & Human Development*, 49(6), 993-1002. **【SSCI, IF=2.012, ranking in Psychology: Developmental= 27/73, 40%, Q2】**
5. Huang, H. C., Wu, W. L., **Chang, Y. K.**, & Chu, I. H. (2018). Physical fitness characteristics of adolescent Wushu athletes. *Journal of Sports Medicine and Physical Fitness*, 54(4), 399-406 **【SCI, Sport Sciences, IF=1.12, 65/81, 80%, Q4】**
6. Hsieh, S.S., Fan, D., Tsai, H., **Chang, Y.K.**, Huang, C.J., & Hung, T.M. (2018). Differences in working memory as a function of physical activity in children. *Neuropsychology*.

- 【SSCI, IF= 2.70; Ranking in psychology: clinical=35/127, 28%, Q2】**
7. Liu, L. H., Alderman, B. L., Song, T. F., Chen, F. T., Hung, T. M.*, & Chang, Y. K.* (2018). A randomized controlled trial of coordination exercise on cognitive function in obese adolescents. *Psychology of Sport and Exercise*, 34, 29-38. **【SSCI, IF= 2.88, Ranking in Hospitality, Leisure, Sport & Tourism: 9/50, 18%, Q1】**
 8. Nikol, L., Kuan, G., Ong, M., Chang, Y. K., Terry, P. C. (2018). The heat is on: Effects of synchronous music on psychophysiological parameters and running performance in hot and humid conditions. *Frontiers in Psychology*, 9:1114. **【SSCI, IF= XXX; Ranking in Psychology, Multidisciplinary: 39/135, 29%, Q2】**
 9. Singh, A. S., Saliasi E., den Berg, V. V., Uijtdewilligen, L., de Groot, R. H. M., Jolles, J., Andersen, L. B., Bailey, R., Chang, Y. K., Diamond, A., Ericsson, I., Etnier, J. L., Fedewa, A. L., Hillman, C. H., McMorris, T., Pesce, C., Pühse, U., Tomporowski, P. D. & Chinapaw, M. J. M. (2018). Effects of physical activity interventions on cognitive and academic performance in children and adolescents: a novel combination of a systematic review and recommendations from an expert panel. *British Journal of Sports Medicine*, 0:1-10. **【SCI, IF= 7.87; Ranking in Sport Science: 1/81, 1%, Q1】**
 10. Shun, Y. C., Lin, P. C., Chang, Y. K., Lin, Y. K., Lee, P.H., & Chen, S. R. (2018). Sleep quality mediates the relationship between work-family conflicts and the self-perceived health status among hospital nurses. *Journal of Nursing Management*. **【SSCI, IF= 1.91; Ranking in Nursing: 15/115, 13%, Q1】**
 11. Wu, M. T., Tang, P. F., Goh, J. O. S., Chou, T. L., Chang, Y. K., Hsu, Y. C., Chen, Y. J., Chen, N. C., Tseng, W. Y., Gau, S. S., Chiu, M. J., & Lan, C. (2018). Task-switching performance improvements after Tai Chi Chuan training are associated with greater prefrontal activation in older adults. *Frontier in Aging Neuroscience*, 10(280). doi:10.3389/fnagi.2018.00280. **【SSCI, IF= 3.58; Ranking in GERIATRICS & GERONTOLOGY: 14/53, 26.4%, Q2】**

2017

12. Chang, Y. K., Chu, C. H., Chen, F. T., Hung, T. M., & Etnier, J. L. (2017). Combined effects of physical activity and obesity on cognitive function: Independent, overlapping, moderator, and mediator models. *Sports Medicine*, 47(3), 449-468. **【SCI, IF= 7.07; Ranking in Sport Sciences: 3/81, 3%, Q1】**
13. Chang, Y. K., Alderman, B. L., Chu, C. H., Wang, C. C., Song, T. F., & Chen, F. T. (2017). Acute exercise has a general facilitative effect on cognitive function: A combined ERP temporal dynamics and BDNF study. *Psychophysiology*, 54(2), 289-300. **【SSCI, IF= 3.12; Ranking in Psychology, experimental:12/85, 14%, Q1】**
14. Chang, Y. K., Chu, I. H., Liu, J. H., Wu, C. H., Chu, C. H., Yang, K. T., & Chen, A. G. (2017). Exercise modality is differentially associated with neurocognition in older adults. *Neural Plasticity*, 2017, 1-11. **【SCI, IF= 3.16, Ranking in Neuroscience: 121/261, 46%, Q2】**
15. Chen, F. T., Chen, S. R., Chu, I. H., Liu, J. H., & Chang, Y. K.* (2017). Multicomponent exercise intervention and metacognition in obese preadolescents: A randomized controlled study. *Journal of Sport and Exercise Psychology*, 39(4), 302-312. **【SSCI, IF= 2.4, Ranking in Hospitality, Leisure, Sport & Tourism: 16/50, 32%, Q2】**
16. Chu, I. H., Wu, W. L., Lin, I. M., Chang, Y. K., Lin, Y. J., & Yang, P. C. (2017). Effects of

- Yoga on heart rate variability and depressive symptoms in women: A randomized controlled trial. *The Journal of Alternative and Complementary Medicine*, 23(4), 310-316. **【SCI, Integrative & Complementary Medicine, IF=1.50, 16/27, 59%, Q3】**
17. Chu, C. H., Kramer, A. F., Song, T. F., Wu, C. H., Hung, T. M.*, & Chang, Y. K.* (2017). Acute exercise and neurocognitive development in preadolescents and young adults: An ERP Study. *Neural Plasticity*, 2017 (2017), 2631909. **【SCI, IF= 3.16, Ranking in Neuroscience: 121/261, 46%, Q2】**
 18. Chueh, T, Huang, C, Hsieh, S, Chen, K, Chang, Y. K., & Hung T. (2017) Sports training enhances visuo-spatial cognition regardless of open-closed typology. *PeerJ*, 5:e3336. <https://doi.org/10.7717/peerj.3336> **【SCI, IF = 2.18 ; Ranking in Multidisciplinary Sciences: 19/64, 30%, Q2】**
 19. Hsieh, S. S., Lin, C. C., Chang, Y. K., Huang, C. J., & Hung, T. M.* (2017). Effects of childhood gymnastics program on spatial working memory. *Medicine and Science in Sports and Exercise*, 49(12):2537-2547. **【SCI, IF= 4.29, Ranking in Sports Sciences: 7/81, 8%, Q1】**
 20. Huang, C. J., Huang, C. W., Tsai, Y. J., Tsai, C. L., Chang, Y. K., & Hung, T. M. (2017). A preliminary examination of aerobic exercise effects on resting EEG in children with ADHD. *Journal of Attention Disorders*, 21(11):898-903. **【SSCI/SCI, IF=3.67; Ranking in Psychiatry: 28/142, 20%, Q1】**
 21. Pan, C. Y. *, Chang, Y. K., Tsai, C. L., Chu, C. H., Cheng, Y. W., & Sung, M. C. (2017). Effects of physical activity intervention on motor proficiency and physical fitness in children with attention deficit hyperactivity disorder: An exploratory study. *Journal of Attention Disorders*, 21(9), 783-795. **【SSCI/SCI, IF=3.67; Ranking in Psychiatry: 28/142, 20%, Q1】**
 22. Tsai, Y. J., Hung, C. L., Tsai, C. L., Chang, Y. K., Huang, C. J., & Hung, T. M. (2017). The Relationship between physical fitness and inhibitory ability in children with attention deficit hyperactivity disorder: An event-related potential study, *Psychology of Sport and Exercise*, 31, 149-157. **【SSCI, IF= 2.88, Ranking in Hospitality, Leisure, Sport & Tourism: 9/50, 18%, Q1】**
 23. Wang, D., Zhu, T., Zhou, C., & Chang, Y. K. (2017). Aerobic exercise training ameliorates craving and inhibitory control in methamphetamine dependencies: A randomized controlled trial and event-related potential study. *Psychology of Sport and Exercise*, 30, 82-90. **【SSCI, IF= 2.88, Ranking in Hospitality, Leisure, Sport & Tourism: 9/50, 18%, Q1】**
 24. Xie C, Wang X, Zhou C, Xu C, Chang Y.* (2017). Exercise and dietary program-induced weight reduction is associated with cognitive function among obese adolescents: a longitudinal study. *PeerJ*, 5:e3286. <https://doi.org/10.7717/peerj.3286> **【SCI, IF = 2.18; Ranking in Multidisciplinary Sciences: 19/64, 30%, Q2】**

2016

25. Chu, C. H., Yang, K. T., Song, T. F., Liu, J. H., Hung, T. M.*, & Chang, Y. K.* (2016). Cardiorespiratory fitness is associated with executive control in late-middle-aged adults: An event-related (De) synchronization (ERD/ERS) study. *Psychophysiology*, 7:1135. **【SSCI, IF= 2.67; Ranking in Psychology, experimental:25/84, 30%, Q2】**

26. Song, T. F., Chi, L., Chu, C. H., Chen, F. T., Zhou, C.*, & **Chang, Y. K.*** (2016). Obesity, cardiovascular fitness, and inhibition function: An electrophysiological study. *Frontiers in Psychology*, 7:1124. **【SSCI, IF= 2.32; Ranking in Psychology, multidisciplinary:33/129, 25%, Q1】**
27. **Chang, Y. K.**, Chen, S., Tu, K. W., Chi, L. K. (2016). Effect of autonomy support on self-determined motivation in elementary physical education. *Journal of Sports Science and Medicine*, 15(3): 460-466. **【SCI, IF= 1.80; Ranking in Sport Sciences: 37/81, 46%, Q2】**
28. Lu, F. J. H., Lee, W. P., **Chang, Y. K.**, Chou, C. C., Hsu, Y. W., Lin, J. H., & Gill, D. L. (2016). Interaction of athletes' resilience and coaches' social support on the stress-burnout relationship: A conjunctive moderation perspective. *Psychology of Sport and Exercise*, 22, 202-209. **【SSCI, IF= 2.81, Ranking in Hospitality, Leisure, Sport & Tourism: 7/45, 16%, Q1】**
29. Wei, G. X., Li, Y. F., Yue, X. L., Ma, X., **Chang, Y. K.**, Yi, L. Y., Li, J. C., & Zuo, X. N. (2016). Tai Chi Chuan modulates heart rate variability during abdominal breathing in elderly adults. *PsyCh Journal*, 5(1), 69-77.
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國內期刊論文 (Peer Reviewed Domestic Journal Publication)

TSSCI 期刊論文 (Taiwan SSCI Journal)

1. 粘瑞狄、吳治翰、齊璘、林季燕、張育愷* (2018)。正念、執行功能與運動表現之關連。臺灣運動心理學報, 18(2), 39-56。【TSSCI】

2. 吳聰義、吳治翰、粘瑞狄、張怡潔、張育愷* (2018)。射箭選手之正念傾向、心理技能與心理韌性之研究[A study of dispositional mindfulness, mental skills and mental toughness in archers]。臺灣運動心理學報, 18(1), 43-57。【TSSCI】
3. 陳豐慈、齊璘、張育愷* (已接受)。健身運動對倫敦塔作業之影響：文獻回顧與未來展望 [The influence of exercise intervention on cognitive function in older adults with mild cognitive impairment: An overview of past research and future prospects]。中華體育季刊。【TSSCI】
4. 馮勝賢、陳豐慈、陳代聖、粘瑞狄、張育愷* (已接受)。中等強度急性健身運動對早產兒計畫相關執行功能之影響[Effects of Planning-Related Executive Functions in Preterm Born Children Following Acute Exercise at Moderate Intensity]。大專體育學刊, 20(1), 16-28。【TSSCI】
5. 陳豐慈、祝堅恆、齊璘、吳治翰、張育愷* (2017)。運動介入對輕度認知損傷老年人認知功能之影響：文獻回顧與未來展望 [The influence of exercise intervention on cognitive function in older adults with mild cognitive impairment: An overview of past research and future prospects]。臺灣運動心理學報, 17(1), 131-153。【TSSCI】
6. 張育愷*、宋岱芬、陳豐慈 (2017)。國際綜評性論文之分析 [Analyses of international review article]。體育學報, 50(4), 375-384。
7. 王俊智、黃啟彰、石家豪、祝堅恆、張育愷* (2016)。急性健身運動對執行功能之影響：事件相關電位與大腦神經滋養因數之研究 [Effect of acute exercise on executive function: An event-related potential and brain-derived neurotropic factor study]。體育學報, 49(S), 47-60。【TSSCI】
8. 宋岱芬、陳豐慈、祝堅恆、齊璘、劉思聰、張育愷* (2017)。肥胖、心血管適能與抑制相關執行功能之關係：事件相關電位研究 [Obesity and cardiovascular fitness associated with inhibition of executive function: An ERP study]。體育學報, 50(1), 43-56。【TSSCI】
9. 楊文中、陳豐慈、吳聰義、陳麗華、張育愷* (2016)。健身運動對記憶相關認知功能之影響 [Effects of exercise on memory related cognitive function]。臺灣運動心理學報, 16(2), 57-83。【科技部教育學門 A 級期刊】。
10. 陳豐慈、祝堅恆、楊高騰、張育愷* (2015)。孩童心肺適能、認知功能與大腦之關聯：以核磁共振造影研究進行回顧 [Cardiovascular fitness is associated with cognitive functions and brain in children: A review of magnetic resonance imaging studies]。臺灣運動心理學報, 15(2), 149-168。【TSSCI】
11. 王俊智、吳聰義、吳治翰、張育愷* (2015)。健身運動對執行功能的影響：威斯康辛卡片分類測驗的視角 [Effect of exercise on executive function: Wisconsin Card Sorting Test perspective]。臺灣運動心理學報, 15(2), 107-126。【TSSCI】

其他期刊論文 (Others)

12. 吳治翰、粘瑞狄、齊璘、林季燕、張育愷 (2018) 運動員之正念傾向水平對運動心理技能、運動心理韌性之影響, 運動教練科學 51 期 (2018 年 9 月)
13. 張晏山、陳豐慈、宋岱芬、張育愷* (2017)。急性健身運動與執行功能之劑量反應關

- 係 [Dose-Response Relationship between Acute Exercise and Executive Function]。大專體育。142, 35-44。【科技部教育學門 B 級期刊】。
14. 吳治翰、念裕祥、吳聰義、張育愷* (2017)。正念訓練與運動表現之關聯 [The Relationship between Mindfulness and Sport Performance]。運動教練科學, 48 【科技部教育學門 B 級期刊】
 15. 吳聰義、吳治翰、邱炳坤、張育愷*、張怡潔 (2017)。自我對話在射箭之介紹與運用 [Self-Talk in Archery: Introduction and Implications]。運動教練科學, (45), 107 - 118。【科技部教育學門 B 級期刊】
 16. 劉人豪、吳治翰、宋岱芬、張育愷*、齊璘 (2017)。不同運動類型與認知功能之關聯 [The Association between Different Modes of Exercise and Cognitive Function]。運動教練科學, (46), 103 - 118。【科技部教育學門 B 級期刊】
 17. 王俊智、宋岱芬、祝堅恆、張育愷* (2016)。健身運動與認知功能：大腦神經滋養因數調節機制之探討 [Exercise and Cognitive Function: A BDNF-Moderated Mechanism]。應用心理研究, 64, 95-134。【TSSCI 觀察名單】(NSC 101-2628-H-179-002, NSC 102- 2918 -I -179 -001-)
 18. 吳治翰、陳豐慈、齊璘、張育愷* (2016)。身體活動與創造力關聯之初探 [A Preliminary Review on the Association Between Physical Activity and Creativity]。運動教練科學, 43, 97-106。【科技部教育學門 B 級期刊】
 19. 吳聰義、張怡潔、邱炳坤、張育愷* (2016)。意象訓練在射箭之介紹與運用 [Imagery Training in Archery: Introduction and Implications]。運動教練科學, 43, 87-95。【科技部教育學門 B 級期刊】
 20. 陳豐慈、張育愷* (2015)。運動、認知功能與大腦的相遇：磁共振造影之過去與未來。人文與社會科學簡訊, 16(4), 83-89。
 21. 宋岱芬、張育愷*、林季燕 (2015)。肥胖與體適能對孩童認知功能之影響 [Effects of obesity and fitness on cognitive function in children]。中華體育季刊, 29(3), 229-236。【科技部教育學門 B 級期刊】。
 22. 吳治翰、齊璘、張育愷* (2015)。以磁共振成像回顧健身運動與大腦結構之關聯 [A Review of Magnetic Resonance Imaging in the Relationship between Exercise and Brain Structure]。中華體育季刊, 29(2), 153-160。【科技部教育學門 B 級期刊】。
 23. 劉人豪、詹貴惠、張育愷* (2015)。健身運動對肥胖者認知功能之影響 [Exercise Effect on Cognitive Functions in an Obese Population]。大專體育, 134, 74-84。【科技部教育學門 B 級期刊】(NSC 102-2410-H-179-014-MY3)
 24. 陳豐慈、張育愷* (2015)。運動與大腦革命性的新發現。國民體育季刊, 182, 83-87。【教育部體育屬官方期刊】

專業經歷 (Professional Experience)

研究計畫 (Research Grant)

- 2019 本署同意補助貴校辦理「師生赴泰國運動參訪交流」及「師生赴泰國參加國際運動心理學研討會」計畫經費新臺幣（以下同）共計 44 萬 8,101 元，請於 108 年掣據送國立彰化師範大學辦理撥款，餘依說明辦理，請查照。
- 2019-2020 貴校原競技與教練科學研究所張育愷教授執行 108 年度臺德 (MOST-DAAD) 雙邊合作計畫人員交流 PPP 計畫(1/2)申請計畫變更案，復如說明，請查照。
- 2018-2020 科技部-- MOST 107-2628-H-179 -001 -MY3
執掌：計畫主持人
計畫名稱：心肺適能、ApoE e4 基因型及其交互作用對中老年人認知功能與認知衰退之關連：前瞻性研究
核定金額：3,065,000 NT dollars
- 2018-2019 教育部補助新南向計畫之「強化與東協及南亞國家合作交流學術型領域聯盟(教育及人文領域)」執掌：計畫主持人
計畫名稱：Acute Exercise and Executive Function in Middle-Late-Aged Older Adults: Dose-Response Examination for Exercise Duration
核定金額：200,000 NT dollars
- 2016-2019 科技部--MOST105-2628-H-179 -001 -MY3
執掌：計畫主持人
計畫名稱：建置中老年人急性健身運動與神經認知功能之健身運動處方：容量、強度、時間及 ApoE 基因之角色
核定金額：4,636,000 NT dollars
- 2013-2016 行政院國家科學委員會—吳大猷先生紀念獎計畫 (NSC 102- 2410- H- 179-014- MY3)
執掌：計畫主持人
計畫名稱：孩童肥胖、體適能、認知功能之關係：行為、事件關聯電位、磁共振造影觀點之多年期研究
核定金額：3,660, 000 NT dollars
- 2013-2016 行政院國家科學委員會--心智腦科學影像研究計畫 (NSC 102- 2420- H -179 -001- MY3)
執掌：計畫主持人
計畫名稱：不同健身運動型態對記憶功能之影響：功能性磁振造影之縱貫式研究
核定金額：3,533,000 NT dollars