

## 體育學系教師近五年學術研究發表

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### 期刊論文：

1. Yi-Chuan Hung, Po-Fu Lee, Chi-Fang Lin, Yan-Jhu Su, Jenn-Woei Hsieh, Yu-Ju Lin, Chien-Chang Ho, **Yun-Tsung Chen**\* (2023). Associations between smoking status and health-related physical fitness and balance ability among older males in Taiwan. *Medicina*, 59(7), 1350. (SCIE)
2. Chang-Tsen Hung, Po-Fu Lee, Chi-Fang Lin, Chien-Chang Ho, Hui-Ling Chen, Jenn-Woei Hsieh, I-Tung Lin, Hsing-Chun Kuo, Yu-Ting Lin, **Yun-Tsung Chen**\* (2022). Cross-correlations between scientific physical fitness, body mass index distribution, and overweight/obesity risks among adults in Taiwan. *Medicina*, 58(12), 1739. (SCIE)
3. Chien-Chang Ho, Po-Fu Lee, Shu Xu, Chang-Tsen Hung, Yan-Jhu Su, Chi-Fang Lin, Min-Chen Wu, **Yun-Tsung Chen**\* (2022). Associations between cigarette smoking status and health-related physical fitness performance in male Taiwanese adults. *Frontiers in Public Health*, 10, 880572. (SCIE)
4. **Yun-Tsung Chen**, Po-Fu Lee, Chi-Fang Lin, Yan-Jhu Su, Hui-Ling Chen, Pin-Chun Chen, Hsueh-Yi Lin, Chien-Chang Ho (2022). Associations of health-related physical fitness with waist circumference and abdominal obesity risk in Taiwanese adults. *Healthcare*, 10(7), 1164. (SCIE)
5. **Yun-Tsung Chen**, Yao-Yi Hsieh, Jen-Yu Ho, Chien-Chang Ho, Tung-Yi Lin, Jung-Charng Lin (2022). Running interval training combined with blood flow restriction increases maximal running performance and muscular fitness in male runners. *Scientific Reports*, 12, 9922. (SCIE)
6. **Yun-Tsung Chen**, Yao-Yi Hsieh, Jen-Yu Ho, Tung-Yi Lin, Jung-Charng Lin. (2022). Running training combined with blood flow restriction increases cardiopulmonary function and muscle strength in endurance athletes. *Journal of Strength and Conditioning Research*, 36(5), 1228-1237. (SCIE)
7. **Yun-Tsung Chen**, Yao-Yi Hsieh, Jen-Yu Ho, Tung-Yi Lin, Jung-Charng Lin (2022). Two weeks of detraining reduces cardiopulmonary function and muscular fitness in endurance athletes. *European Journal of Sport Science*, 22(3), 399-406. (SCIE)
8. **Yun-Tsung Chen**, Po-Fu Lee, Chi-Fang Lin, Andy Chang, Yu-Chun Chung, Chi-Pei Yeh, Shih-Chang Chen, Chien-Chang Ho (2021). Association of regular leisure-time physical activity with self-reported body mass index and obesity risk among middle-aged and older adults in Taiwan. *Healthcare*, 9(12), 1719. (SCIE)
9. **Yun-Tsung Chen**, Yao-Yi Hsieh, Jen-Yu Ho, Jung-Charng Lin (2021). Effects of running exercise combined with blood flow restriction on strength and sprint performance. *Journal*

*of Strength and Conditioning Research*, 35(11), 3090-3096. (SCIE)

10. 游立椿、陳昀宗\* (2024 年 07 月)。下肢運動學對鏈球選手競技運動表現的影響。 *運動表現期刊*。(已接受)。(TSSCI)
11. 洪彰岑、何健章、姜義浪、林育如，陳昀宗\* (2023)。長期八段錦訓練改善中高齡女性的身體組成、骨質密度與步態穩定性。 *運動表現期刊*，11(1)，83-99。(TSSCI)
12. 陳昀宗、徐孟達、謝耀毅、林正常 (2020)。低強度跑步運動結合血流限制對肌肉組織氧飽和度與荷爾蒙之影響。 *運動生理暨體能學報*，31，9-19。(TSSCI)
13. 陳昀宗、王譯霆、陸劭文、林韋儒、張博涵 (2020)。下肢肌力對足球選手專項運動表現的影響。 *中華民國技擊學刊*，1，23-33。

#### 研討會論文：

1. 陳昀宗 (2022 年 04 月)。 *血流限制訓練的發展與應用*。2022 年國立臺北教育大學體育學術研，臺北市，臺灣。
2. 高峰、陳昀宗\*、肖衛、張成功、潘榮遠 (2019 年 05 月)。 *下肢肌力對足球選手專項運動表現與腿後肌損傷預防之影響*。2019 年廣東省第十屆大學生運動會科學論文報告會，深圳市，中國。

#### 國科會計畫：

1. 112 年度，專題研究計畫 (計畫主持人)：不同型式阻力運動與訓練結合血流限制對交叉教育訓練效果的影響。