教師個人基本資料

黃滄海

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學歷

學校	系所	學位
國立台灣師範大學	體育學	博士

專長領域

運動生理學、骨代謝、運動營養、運動科學檢測

研究方向

運動與骨代謝、運動測量學、游泳與自行車運動科技

個人經歷

- 台北縣大同國小教師 (84.8~85.7)
- 臺大醫學院骨科博士後研究 (90.8~91.7)
- 美國明尼蘇達大學骨科博士後研究 (91.8~92.7)
- 美國明尼蘇達大學訪問學者 (101.8~102.7)
- 國家運動訓練中心運動科學處處長 (107.2~107.9)

所內行政工作

- 第二屆研究生導師 (2007.09~)
- 課程委員會召集人 (2008.08~2009.07)
- 研究規劃委員會委員 (2012.08~2013.07)
- 課程委員會召集人、研究規劃委員會委員 (2013.08~2014.07)
- 課程委員會委員 (2014.08~2015.07)
- 課程委員會召集人 (2015.08~2016.07)
- 課程委員會委員、研究規劃委員會委員 (2016.08~2017.07)
- 第十一屆研究所導師 (2016.09~2018.7)

- 課程委員會委員 (2018.08~2019.07)

校內行政工作

- 體育室教學組組長 (2005.09~2006.07)
- 體育室教學組組長 (2009.08~2012.08；2015.08~2016.7)
- 體育健康與休閒研究所所長 (2020.08~迄今)

校外行政工作

- 2014 年亞運游泳國家隊運科人員
- 2016 年里約奧運游泳國家隊運科委員
- 2018 年亞加達亞運運科委員
- 2020 年東京奧運運科委員
- 2016~2018 台南市體育班訪視委員

榮譽

- 中華民國骨質疏鬆症學會 2000 年第二屆第二次學術研討會，優秀論文獎第三名
- 2008 年至今擔任 Journal of Applied Physiology, International Journal of Sports Science, Calcified Tissue Internal 等國際期刊審查委員
- 2012 年代表本校教職員網球隊參加大專教職員網球賽乙組獲第一名
- 101 年臺南市九九體育節獲推展學校體育有功人員獎
- 2012 年 Invitation speaker in Orentreich Foundation for the Advancement of Science (OFAS, Cold Spring, NY, USA)
- 2013 年 Invitation speaker of First International Mini-Symposium on Methionine Restriction & Lifespan (OFAS, Cold Spring, NY, USA)
- 103 學年度管理學院研究優良教師
- 2015 年 Invitation speaker of Symposium 2015: Diet, Sulfur Amino Acids, and Healthspan (OFAS, Cold Spring, NY, USA)
- 2015 年代表本校教職員網球隊參加大專教職員網球賽甲組獲第三名

證照

- C 級游泳裁判
- C 級游泳教練

期刊論文

英文期刊：

國際 SCI & SSCI 學術期刊發表論文 (SCI & SSCI Journal Publications) (*通訊作者) :

1. **Huang TH**, Lin JC, Ma MC, Yu T, Chen CT. (2020, Jun). Acute responses of bone specific and related markers to maximal eccentric exercise of the knee extensors and flexors in young men. Journal of Musculoskeletal and Neuronal Interaction, 20(2):206-215. (SCI, 63/81, Physiology) MOST 103-2410-H-006-096-MY2.
2. Wu CH & **Huang TH***. (2019, Oct). The Effects of a 226-km Ironman Triathlon Race on Bone Turnover in Amateur Male Triathletes.. The Journal of Sports Medicine and Physical Fitness, 59(10), 1709-1715.. (SCI, 65/81, Sport Sciences). NSC 95-2413-H-305-004.
3. Liao HW, **Huang TH***, Chang Y.H., Liou HH, Chou YH, Sue YM, Hung PH, Chang YT, Ho PC, and Tsai KJ. (2019, Apr). Exercise Alleviates Osteoporosis in Rats with Mild Chronic Kidney Disease by Decreasing Sclerostin Production. International Journal of Molecular Sciences, 20(8), E2044. (SCI, 90/293, Biochmistry & Molecular biology). MOST 105-2628-B-006-016-MY3. *本人列為與第一作者等同貢獻者
   https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6514556/
4. Lin HS, Wang HS, Chiu HT, Cheng KB, Hsu AT, **Huang TH. (通訊作者)** (2018, May). Structural and Biomechanical Adaptations to Free-Fall Landing in Hindlimb Cortical Bone of Growing Female Rats. Journal of Sport Science and Medicine, 17(2),188-196.. (SCI, 37/81, Sport Sciences). MOST 99-2410-H-006-114-MY2.
5. Tsai CL, **Huang TH**, and Tsai MC (2017, Oct). Neurocognitive performances of visuospatial attention and the correlations with metabolic and inflammatory biomarkers in adults with obesity. Experimental Physiology, 102(12):1683-1699. doi: 10.1113/EP086624. (SCI, 28/84, Physiology). MOST 103-2314-B-006-010.
6. Chen CH, **Huang TH,*** Cheng TL, Chang CF, Wang CZ, Wu MH, Kang L. (2017, Jun). Exercise training ameliorates glucosamine-induced insulin resistance in ovariectomized rats. Menopause, 24(6):617-623. (SCI, Obstetrics & Gynecology 10/80). *本人列為與第一作者等同貢獻者
   https://journals.lww.com/menopausejournal/Fulltext/2017/06000/Exercise_training_ameliorates_glucosamine_induced.6.aspx
7. Wen HJ, **Huang TH**, Li TL, Chong PN, Ang BS (2017, Feb). Effects of short-term step aerobics exercise on bone metabolism and functional fitness in postmenopausal women with low bone mass. Osteoporosis International, 28(2): 539-547. doi:10.1007/s00198-016-3759-4. (SCI).
8. Ouattara, A., Cooke, D., Gopalakrishnan, R., **Huang, T. H.**, Ables G. P. (2016). Methionine restriction alters bone morphology and affects osteoblast differentiation. Bone Reports 5, 33-42.
9. **Huang, T. H.***, Ables, G. P. (2016). Dietary restrictions, bone density, and bone quality. Annals of the New York Academy of Sciences, 1363:26-39.
10. **Huang, T. H.***, Su, I. H., Lewis, J. L., Chang, M. S., Hsu, A. T., Perrone, C. E., Ables, G. P. (2015). Effects of methionine restriction and endurance exercise on bones of ovariectomized rats: a study of histomorphometry, densitometry, and biomechanical properties. Journal of Applied Physiology 119(5): 517-26. (SCI)

11. Liao, H.W., Hung, P.H., Hsiao, C.Y., Liou, H.H., Lin, H.S., **Huang, T.H.**, Jou, I.M., Tsai, K.J. (2015). Relationship between Fibroblast Growth Factor 23 and Biochemical and Bone Histomorphometric Alterations in a Chronic Kidney Disease Rat Model Undergoing Parathyroidectomy. PLoS One 10(7): e0133278.
12. Stemig, M., Astleford, K., Emery, A., Cho, J. J., Allen, B., **Huang, T. H.**, Gopalakrishnan, R., Mansky, K. C., Jensen, E. D. (2015) Deletion of Histone Deacetylase 7 in Osteoclasts Decreases Bone Mass in Mice by Interactions with MITF. PLOS One 10(4): e0123843. (SCI)
13. Tsai, C. L., Wang, C. H., Pan, C. Y., Chen, F. C., **Huang, T. H.,** & Chou, F. Y. (2014). Executive function and endocrinological responses to acute resistance exercise. Frontiers in Behavioral Neuroscience 8: 262. (SCI)
14. **Huang TH**, Lewis JL, Lin HS, Kuo LT, Mao SW, Tai YS, Chang MS, Ables GP, Perrone CE, Yang RS. (2014). A Methionine-Restricted Diet and Endurance Exercise Decrease Bone Mass and Extrinsic Strength but Increase Intrinsic Strength in Growing Male Rats. Journal of Nutrition 144(5), 621-630. (SCI)
15. Tsai CL, Chen FC, Pan CY, Wang CH, **Huang TH**, Chen TC. (2014). Impact of acute aerobic exercise and cardiorespiratory fitness on visuospatial attention performance and serum BDNF levels. Psychoneuroendocrinology 41:121-31. (SCI)
16. Broege A, Pham L, Jensen ED, Emery A, **Huang TH**, Stemig M, Beppu H, Petryk A, O'Connor M, Mansky K, Gopalakrishnan R.(2013). Bone morphogenetic proteins signal via SMAD and mitogen-activated protein (MAP) kinase pathways at distinct times during osteoclastogenesis. Journal of Biological Chemistry 288(52):37230-40. (SCI)
17. Lin, H.S., **Huang, T. H.***, Wang, H.S., Yang, R.S. (2012). Enhancements of Free-Fall Landing on the Trabecular Bone Structure in Tibiae of Growing Female Rats: A Time Course Study. Adaptive Medicine 4(1): 27-32.
18. Lin, C.F., **Huang, T. H.***, Tu, K.C., Lin, L.L., Tu, Y.H., Yang, R.S. (2012). Acute Effects of Plyometric Jumping and Intermittent Running on Serum Bone Markers in Young Males. European Journal of Applied Physiology 112 (4): 1475-1484. (SCI)
19. **Huang, T.H.,** Lin, H.S., Chen, H.I., Yang, R.S. (2011). The Effects of Systemically Chemical Sympathectomy on Local Bone Loss Induced by Sciatic Neurectomy. Journal of Orthopaedic Science 16(5):629-37. (SCI)
20. Lin, H. S., **Huang, T. H.*,** Mao, S. W., Tai, Y. S., Chiu, H. T., Cheng, K. Y. B., Yang, R. S. (2011). A short-term free-fall landing enhances bone formation and bone material properties. Journal of Mechanics in Medicine and Biology 11(5):1125-1139. (SCI)
21. **Huang, T. H.,** Hsieh, S. S., Liu, S. H., Chang, F. L., Lin, S. H., Yang, R. S. (2010). Swimming Training Increases the Post-Yield Energy of Bone in Young Male Rats. Calcified Tissue International 86: 142-153. (SCI)
22. Tang, C. H., **Huang, T. H.**, Chang, C. S., Fu, W. M., & Yang, R. S. (2009). Water solution of onion crude powder inhibits RANKL-induced osteoclastogenesis through ERK, p38 and NF-kB pathways. Osteoporosis International 20, 93-103. (SCI)**.**
23. **Huang, T. H**., Mühlbauer, R. C., Tang, C. H., Chen, H. I., Chang, G. L., Huang, Y. W., Lai, Y. T., Lin., H. S., Yang, W. T., & Yang, R. S*. (2008). Onion decreases the ovariectomy-induced osteopenia in young adult rats. Bone 42, 1154-1163. (SCI)

24. **Huang TH**, Chang, F. L., Lin, S. C., Liu, S. H., Hsieh, S. S., & Yang, R. S*. (2008). Endurance treadmill running training benefits the biomaterial quality of bone in growing male Wistar rats. Journal of Bone and Mineral Metabolism 26, 350-357. (SCI)
25. **Huang, T. H.,** Tang, C. H., Chen, H. I., Fu, W. M., and Yang R. S. * (2008). Low-intensity Pulsed Ultrasound Promoted Bone Healing is not entirely Cyclooxgenase-2 dependent. Journal of Ultrasound in Medicine 27:1415–1423. (SCI)
26. Chiu YC, **Huang TH**, Fu WM, Yang RS, Tang CH*. (2008). Ultrasound stimulates MMP-13 expression through p38 and JNK pathway in osteoblasts. Journal of Cellular Physiology 215, 356-365. (SCI)
27. Tang, C. H., Yang, R. S., **Huang, T. H.**, Lu, D. Y., Chuang, W. J., Huang, T. F., Fu, W. M*. (2006). Ultrasound stimulates cyclooxygenase-2 expression and increases bone formation through integrin, focal adhesion kinase, phosphatidylinositol 3-kinase, and Akt pathway in osteoblasts. Molecular Pharmacology 69, 2047-2057. (SCI)
28. Yang, R. S., Chen, Y. Z., **Huang, T. H.,** Tang, C. H., Fu, W. M., Lu, B. Y., Lin, W. L*. (2005). The effects of low-intensity ultrasound on growing bone after sciatic neurectomy. Ultrasound in Medicine and Biology 31, 431-437. (SCI)**.**
29. Yang, R. S., Tang, C. H., Chuang, W. J., **Huang, T. H.**, Peng, H. C., Huang, T. F., Fu, W. M. * (2005). Inhibition of tumor formation by snake venom disintegrin. Toxicon 45, 661-669. (SCI)
30. Yang, R. S., Li, W. L., Chen, Y. Z., Tang, C. H., **Huang, T. H.**, Lu, B. Y., Fu, W. M. * (2005). Regulation by ultrasound treatment on the integrin expression and differentiation of osteoclasts. Bone 36, 276-283. (SCI)
31. Tang, C. H., Yang, R. S., **Huang, T. H.,** Liu, S. H., and Fu, W. M. * (2004). Enhancement of fibronectin fibrillogenesis and bone formation by basic fibroblast growth factor via protein kinase C-dependent pathway in rat osteoblasts. Molecular Pharmacology, 66, 440-449. (SCI)
32. **Huang, T. H.**, Lin, S. H., Chang, F. L., Hsieh, S. S., Liu, S. H., and Yang, R. S. * (2003). The effects of different exercise modes on mineralization, structure and biomechanical properties of growing bone. Journal of Applied Physiology Journal of Applied Physiology, 95, 300-307. (SCI)
33. **Hunag, T. H**., Yang, R. S., Hsieh, S. S., and Liu, S. H. (2002). Effects of caffeine and exercise on the development of bone: a densitometric and histomorphometric study in young Wistar rats. Bone, 30(1), 293-299. (SCI)

中文期刊：

1. 萬子翟、**黃滄海**（2019 年 09 月）。長跑者的骨頭健康嗎？。健康世界，513, 46-53.。**本人為通訊作者。**
2. 江虹玲，王振興，**黃滄海**（2019 年）。游泳穿戴式裝置開發之文獻回顧。**中華體育季刊**，33(4), 261-272（TSSCI）。**本人為通訊作者。**
3. 周育賢&**黃滄海(通訊作者)**。(2015)。僵直性脊椎炎患者之運動策略與效益。中華體育 29 (4): 257-270。
4. **黃滄海**. 耐力運動與飲食控制型塑骨骼系統之骨代謝與能量代謝觀.體育學報 48, 1-12. (TSSCI).

5. 李劍如&**黃滄海(通訊作者)**(2013)。網球選手體能檢測的科學方法探討。成大體育學刊，45(1):52-69
6. 陳怡如、**黃滄海**、林麗娟*。(2010) 。老年人的居家肌力訓練—以彈力帶為例。大專體育 113, 77-86。
7. 林欣仕、**黃滄海(通訊作者)**。(2010)。跳躍運動提昇骨質含量與骨密度之機制探討與文獻分析。中華體育 24(4)，30-42。
8. 林欣仕，王苓華，**黃滄海(通訊作者)**。(2008)。太極拳對於停經後婦女骨質流失的影響。中華體育，22(2)，1-10。
9. 吳家慶*、**黃滄海**& 謝伸裕 (2005)。鐵人三項比賽對肌肉損傷指標與脂質過氧化的影響，運動生理暨體能學報，2，93-102。
10. **黃滄海***。(2004)。兒童參與耐力性運動的注意事項。成大體育，37(2)，21-28。

研討會

1. Chou, Y.H., Su, I.H., Chang, M.S., Hsu, A.T, Hsieh, S.S., Yang, R.S., and **Huang, T.H.** (2014). The Effects of Zoledronic Acid and Endurance Exercise on Bone Metabolism of Ovariectomizes Rats. ACSM's 61th Annual Meeting, Orlando, Florida, USA.
2. Tsai, C. L., Wang, C. H., Pan, C. Y., Chen, F. C., & **Huang, T. H.** (2014). The impact of long-term resistance exercise on the cognitive function in older adults. ACSM's 61th Annual Meeting, Orlando, Florida, USA.
3. 周育賢, 蘇亦秀, 張明熙, 徐阿田, 謝伸裕, 楊榮森, **黃滄海.** (2013). 雙磷酸鹽與耐力運動訓練對於去卵巢大鼠骨生物材料品質之影響。102 年體育運動學術團體聯合年會暨學術研討會，新北市，臺灣。
4. **Huang, T.H.**, Lin, H.S., Hsieh, S.S., Chang, M.S., Yang, R.S. (2012). Effects of Endurance Running and Zoledronic Acid Treatment on Ovariectomy-induced Osteopenia in rats. . The 34th Annual Meeting of American Society for Bone and Mineral Research, Minneapolis, Minnesota, U.S.A.
5. Liang, Y.Y., Chang, H.W., Kuo, L.T., Hsieh, S.S., Chang, M.S., **Huang, T.H.** (2012). The Effects of Endurance Training and Different Methionine-contained Diets on Insulin/IGF-1 System in Skeletal Muscle. . ACSM annual meeting, San Francisco, USA.
6. Lin, T.Y., Liang, Y.Y., Hsieh, S.S., Wang, H.H., **Huang, T.H.** (2012). The Effects of Momordica Charantia Supplement Diets and Endurance Training on Bone Material in Rats. ACSM annual meeting, San Francisco, USA.
7. Liang, Y.Y., Chang, H.W., Kuo, L.T., Hsieh, S.S., Chang, M.S., **Huang, T.H.** (2012). The Effects of Endurance Training and Different Methionine-contained Diets on Insulin/IGF-1 System in Skeletal Muscle**.** ACSM annual meeting, San Francisco, USA.

8. 梁詠喻、張馨文、謝伸裕、郭家驊、楊艾倫、**黃滄海**。(2011)。耐力訓練與低蛋胺酸飲食對成長中大鼠血液中胰島素、類胰島素生長因子-1 與氧化壓力指標之影響。100 年體育聯合年會，台北市，臺灣。
9. 林庭瑜、梁詠喻、謝伸裕、王宏豪、**黃滄海**。(2011)。山苦瓜飲食與耐力運動對成長中大鼠海綿骨組織型態之影響。100 年體育聯合年會，台北市，臺灣。
10. **Huang, T.H.,** Lin, H.S., Hsieh, S.S., Chang, M.S., Yang, R.S.(2011). Effects of Endurance running and Zoledronic Acid Treatment on Ovariectomy-induced Osteopenia in rats. The 33th Annual Meeting of American Society for Bone and Mineral Research, San Diego, California, U.S.A.
11. 李劍如、周學雯、**黃滄海**、林欣仕(2011)：籃球教練在比賽中請求暫停之相關因素分析。2011 年運動與 3Qs 國際研討會。台北市：臺灣。
12. 李劍如、**黃滄海**（2011）：運動科學檢測與網球訓練實務。2011 國家優秀選手暨全民健康促進學術研討會。高雄市：臺灣。
13. Lin, H.S., Wang, H.S., Yang, R.S., **Huang, T.H.** (2011). Landing produced different adaptation behaviors on bone biomaterial between fore-limb and hind-limb in rats. ACSM annual meeting, Denver.
14. Guo, L.T., Lin, H.S., Hsieh, S.S., Chang, M.S., Yang, R.S., **Huang, T.H.** (2011). Effects of Endurance Exercise Training and Zoledronic Acid Treatment on Biomaterial Properties of Femora in Ovariectomized Rats. ACSM annual meeting, Denver.
15. Chang, H.W., Lin, H.S., Mao, S.W., Yang, A.L., Hsieh, S.S., **Huang, T.H.** (2011). Gender Differences in Bone Adapting to Endurance Training in Wistar rats. ACSM annual meeting, Denver.
16. **Huang, TH**, Yang, RS, Lin, HS. (2010).Non-Specific Antagonist of Adrenergic Pathway Did Not Prevent Sciatic Neurectomy Induced Bone Loss. 56th Annual Meeting of the Orthopaedic Research Society, New Orleans, U.S.A.
17. 張馨文、林欣仕、毛世威、楊艾倫、謝伸裕、**黃滄海***。（2010）。耐力運動訓練對雄性與雌性大鼠骨骼生物力學特性的影響。體育聯合年會暨學術研討會，台北市。
18. 郭亮彤、林欣仕、謝伸裕、陳洵瑛、楊榮森、**黃滄海***。（2010）。耐力運動訓練與雙磷酸鹽治療對去除卵巢後大鼠海綿骨組織型態及骨代謝之影響。體育聯合年會暨學術研討會，台北市。
19. 林欣仕、王鶴森、**黃滄海***。（2010）。短期的落地 (free-fall landing) 訓練對成長中雌大鼠的骨骼材料特性之影響體育聯合年會暨學術研討會，台北市。
20. 陳建瑋、劉立宇、張明曜、黃健崇 & **黃滄海*** (2009)。耐力訓練與飲食限制對大鼠之體重與骨骼肌能量代謝酵素之影響。體育聯合年會，台北市。

21. Lin, H.S., **Huang, T. H**, Yang, A. L., Mao, S. W., Tai Y. S., Yang, R.S. (2009).A short-term free-fall landing enhances local bone formation without showing of woven bone. Experiment biology 2009, New Orleans, U.S.A.
22. Chang, M.Y., **Huang, T.H**., Yang, A.L. Lin, C.F., Lin, H.S. (2009).Effects of endurance running training and diet control on bone development and metabolism in young male rat. Experiment biology 2009, New Orleans, U.S.A.
23. Lin, C.F. Tu, K.C., Yang, A.L., Lin, L.L. **Huang, T.H.** (2009).Acute effects of exercise with different impact on bone turnover in young healthy males. Experiment biology 2009, New Orleans, U.S.A.
24. Yang, R. S., **Huang, T. H.,** Mühlbauer, R. C., Chen, H. I., Lin, H. S., Huang, Y. W., Lai, Y. T. (2007). The Effect of Onion on Ovariectomy-induced Osteopenia: A Histomorphometric Study in Rats. The 29th Annual Meeting of American Society for Bone and Mineral Research, Honolulu, Hawaii, U.S.A.
25. **Huang, T. H.,** Yang, R. S., Chang, F. L., Lin, S. C., Liu, S. H., Hsieh, S. S. The Effects of Endurance Running Training on Bone Quality in Growing Rats (2007). The Effect of Onion on Ovariectomy-induced Osteopenia: A Histomorphometric Study in Rats. The 29th Annual Meeting of American Society for Bone and Mineral Research, Honolulu, Hawaii, U.S.A.
26. Lin, H.S., **Huang, T. H**, Yang, A. L., Mao, S. W., Tai Y. S., Yang, R.S. (2009).A short-term free-fall landing enhances local bone formation without showing of woven bone. Experiment biology 2009, New Orleans, U.S.A.
27. Chang, M.Y., **Huang, T.H**., Yang, A.L. Lin, C.F., Lin, H.S. (2009).Effects of endurance running training and diet control on bone development and metabolism in young male rat. Experiment biology 2009, New Orleans, U.S.A.
28. Lin, C.F. Tu, K.C., Yang, A.L., Lin, L.L. **Huang, T.H.** (2009).Acute effects of exercise with different impact on bone turnover in young healthy males. Experiment biology 2009, New Orleans, U.S.A.
29. **Huang, TH,** Yang, RS, Lin, HS. (2010).Non-Specific Antagonist of Adrenergic Pathway Did Not Prevent Sciatic Neurectomy Induced Bone Loss. 56th Annual Meeting of the Orthopaedic Research Society, New Orleans, U.S.A.

專書

1. **Huang, T.H.**, Chang, M.Y., Yang, R.S. (2011). **The Effects of Endurance Running Training on Young Adult Bone: Densitometry vs. Biomaterial Properties**. In Biomaterial / Book 3. Edited by: Rosario Pignatello (ISBN 978-953-307-418-4). InTech - Open Access Publisher ©, Rijeka, Croatia.
2. **黃滄海**譯。楊榮森校閱。運動與骨骼健康的理論與實務。（2005）。合記圖書公司：台北市。

研究計畫

2019/11/01~2021/07/31 友善自行車騎乘監控系統暨自行車生理檢測站之開發計畫。($558,00)

2018/08/01~2019/07/03 中壯年男性長距離跑者骨密度、骨代謝、訓練負荷及生活歷程之長期追蹤研究。($690,000)

2016/08/01~2019/07/31 預先及事後介入耐力運動與飲食熱量限制對於去除卵巢

之中年母鼠骨品質的影響。($2,430,000)

2014/08/01~2016/07/31 骨鈣素-胰島素反應迴路在耐力運動訓練與不同熱量飲食條件下型塑成年骨骼組織的機轉探討。($2,202,000)

2013/08/01~2014/07/31 蛋胺酸限制飲食與耐力運動訓練調節骨髓間葉幹細胞分化與骨代謝之研究（以成長中大鼠及第二型糖尿病大鼠為研究對象）。($1,118,000)

2010/08/01~2012/07/31 低蛋氨酸飲食與耐力運動對成長中與去除卵巢後大鼠骨品質之影響。($2,362,000)

2008/08/01~2010/07/31 耐力運動對成長中及雌激素缺乏大鼠的骨骼品質之影響。($1,716,000)

2006/08/01~2008/07/31 神經分佈與身體活動在骨骼發展與代謝過程中所扮演之角色探討。($1,911,000)

2005/08/01~2006/07/31 跳躍運動（起跳 v.s. 落地）對骨骼發展的影響。($492,000)

2004/08/01~2005/07/31 環氧-2 在骨骼發展過程中所扮演的角色探討。($668,500)

2004/08/01~2005/07/31 低強度脈衝式超音波與環氧化抑制劑對骨骼損傷癒合之影響。($600,000)

學生指導

一、已畢業—碩士班：

1. 97 級；林欣仕；短期落地訓練對成長中母鼠的局部骨骼代謝之影響
2. 98 級；林哲甫；單次不同衝擊的運動模式訓練後骨代謝指標的短期變化
3. 98 級；張明曜；耐力訓練對成長中大鼠骨骼品質的影響
4. 100 級；張馨文；耐力訓練與低蛋胺酸飲食對成長中大鼠骨骼肌的影響：胰島素 / 類胰島素生長因子-1 軸、有氧代謝與氧化壓力之關聯性探討
5. 100 級；郭亮彤；低蛋胺酸飲食與耐力運動對成長中雄性大鼠骨骼之代謝、組織型態與生物力學特性之影響
6. 101 級；林庭瑜；耐力運動與山苦瓜飲食對成長中大鼠骨骼之影響
7. 101 級；梁詠喻；耐力運動訓練與低蛋胺酸飲食對成長中大鼠肝臟組織氧化壓力與老化相關蛋白表現之影響
8. 102 級；蘇亦秀；甲硫胺酸限制飲食與耐力運動對去卵巢大鼠骨骼之代謝、組織型態與生物力學特性的影響

9. 102 級；蔡欣蓉；蛋胺酸限制飲食與耐力運動對去卵巢大鼠肝臟氧化壓力與老化相關蛋白之影響
10. 103 級；周育賢；雙磷酸鹽與耐力運動對於去卵巢大鼠骨代謝與能量代謝之影響
11. 104 級；蔡志宏；耐力運動與熱量限制對於成年雄性大鼠骨髓腔內脂肪球細胞與骨代謝之影響
12. 104 級；蔡宗諺；耐力運動與熱量限制對於成年雄性大鼠之骨材料特性的影響
13. 105 級；萬子翟；長距離跑對於成年男性骨質密度影響之整合分析研究
14. 106 級；姚仲柏；核心肌群穩定性及功能性檢測與自行車運動功率輸出的相關
15. 106 級；吳為淳；飲食限制、蛋胺酸限制及耐力訓練對於成年雄性大鼠能量代謝的影響
16. 107 級；何韻庭；去除卵巢前及去除卵巢後介入耐力運動及飲食限制對成年大鼠骨代謝、骨密度及骨組織型態的影響
17. 108 級；吳汶錡；自行車運動員於單次最大努力運動後心率變異性恢復能力與有氧能力之關聯性研究
18. 108 級；江虹玲；長距離跑者訓練歷程中的訓練負荷與運動表現指標之關聯性研究：個案研究
19. 109 級；陳羿蓉；中壯年男性長距離跑者與無規律運動者之睡眠品質比較
20. 109 級；鄧羚(陸生)；中壯年男性長距離跑者骨密度、骨代謝之長期追蹤研究
21. 110 級；陳穎儒；以穿戴式裝置之數據來源建構機器學習於預測安靜心跳之個案研究
22. 110 級；楊宗曄；探討青少年游泳選手訓練距離記錄及訓練後運動自覺程度之相關性研究
23. 111 級；黃亮程；公路自行車踩踏頻率與總效率的關聯研究
24. 112 級；胡翊吟；青少年中距離跑選手訓練日誌的量化研究
25. 112 級；陳雅婷；大學女子籃球隊在訓練與比賽時的內在負荷之個案研究
26. 113 級；李尚諭；以機器學習建構環更年期婦女之安靜心跳率預測模型
27. 114 級；朱宸平；驗證纜繩式游泳功率計之測量準確性與穩定性

二、已畢業—碩士在職專班：

1. 107 級；劉和振；跑步過程中不同著地模式對於身體加速訊號與攝氧量之影響
2. 108 級；温玉瑩(共指)；瑜珈對懷孕婦女睡眠品質之影響
3. 109 級；林龍暉；規律運動之有無在核心穩定能力與震動訓練測驗表現之差異性比較
4. 110 級；蘇柏豪；比較正常班與輪班人員之行走步數、心跳率與睡眠品質之差異性研究─ 以台南科學園區為例
5. 110 級；劉雯芳(共指)；以市售穿戴式手環為研究工具探討步行運動介入與睡眠品質之關係
6. 108 級；林于歆；探討環更年期的婦女日常步行數與睡眠心率及日常安靜心率之間的關聯
7. 110 級；張巧涵；探討步行運動、壓力及睡眠行為之關係：個案研究
8. 112 級；吳正一；國小兒童的 3C 使用行為、睡眠行為、睡眠品質與身體質量指數之相關研究
9. 113 級；黃宣(共指)；脊椎中軸穩定訓練對於籃球員跳投之滯空時間與投籃命中率之研究
10. 113 級；劉怡宣；國中生睡眠行為、身體質量指數與學習表現的關聯：以電子設備使用為中介變數的探討
11. 113 級；陸冠合；美國陸軍戰鬥體適能檢測文獻回顧與評析
12. 113 級；廖芳婷(共指)；探討下班後慢跑介入對輪夜班護理人員的睡眠品質與情商智力之影響

三、在學中：

1. 109 級；徐○翔(碩專)
2. 111 級；王○安
3. 114 級；楊○馨(碩專)
4. 114 級；張簡○婷(碩專)
5. 115 級；楊○昕
6. 115 級；蕭○倫
7. 115 級；李○皓
8. 115 級；月○龍(碩專)
9. 115 級；江○儒(碩專)

10. 115 級；陳○羽(碩專)
11. 116 級；許○毅
12. 116 級；楊○慶
13. 外所轉入；陳○豪