



2025年第二十二届华人运动生理与体适能学者学会年会暨学术大会

THE 22nd ANNUAL CONFERENCE OF THE SOCIETY OF CHINESE SCHOLARS ON EXERCISE PHYSIOLOGY AND FITNESS (SCSEPF)

青岛会议

QINGDAO CONFERENCE

会议指南

主办单位：华人运动生理与体适能学者学会 山东大学
Host: The Society of Chinese Scholars on Exercise Physiology
and Fitness(SCSEPF)
Shandong University

承办单位：山东大学体育学院
Organizer: School of Physical Education, Shandong University

September 19-21, 2025

中国·青岛

QINGDAO CHINA



Welcome Greetings from the SCSEPF

Dear esteemed colleagues, friends, and students,

On behalf of the SCSEPF and the Organizing Committee, I am thrilled to invite you to attend the 22nd SCSEPF Annual Conference from 19 to 21 September 2025 in Qingdao. The theme of this conference is “Digital Intelligence Empowers Physical Fitness and Competitive Sports”. This conference will provide a dynamic platform for sharing cutting-edge research in sports science. Our focus this year will be on two key areas: enhancing athletic performance and promoting public health.



The SCSEPF is a non-profit academic organization dedicated to advancing exercise physiology and physical fitness. Since 2002, our Society has united scholars from the Greater China region and beyond, fostering collaboration in research and application within our field. Our mission is to promote high-quality research among Chinese scholars, advance studies in athletic training, health promotion, physical fitness, and rehabilitation, as well as facilitate knowledge exchange and cooperation among researchers worldwide.

I am confident that this conference will produce valuable insights and provide an enriching experience for all attendees. I would like to extend my heartfelt gratitude to Shandong University for hosting this event.

I look forward to welcoming you to the beautiful city of Qingdao for what promises to be an inspiring and productive event.

Yours sincerely,

Prof. WONG Heung-Sang Stephen
SCSEPF President
Chairperson of the Department of Sports Science and Physical Education
Head of United College
The Chinese University of Hong Kong
January 20, 2025

欢迎致辞

尊敬的各位同仁、朋友及同学们：

我谨代表华人运动生理及体适能学者学会（SCSEPF）和大会组委会，荣幸地邀请您出席 2025 年 9 月 19 日至 21 日在山东大学（青岛）举办的第 22 届 SCSEPF 年会。本次会议的主题是“数智赋能运动健身与竞技体育”（Digital Intelligence Empowers Physical Fitness and Competitive Sports），旨在为分享运动科学领域最新研究进展提供一个优秀的平台。本次会议将专注于提升运动表现和促进公众健康。

SCSEPF 作为一个非盈利性的学术组织，始终致力于推动华人运动生理学、体适能及健康领域的进步。自 2002 年成立以来，学会的主要目标是联合大中华地区及全球不同背景的学者，共同推动运动生理学和体适能的研究、实践及进一步的专业发展和合作。我们致力于提升该领域的研究质量，特别是在运动训练、健康促进、健康体适能与康复等方面的研究及应用，为广大中国学者提供更多交流与合作机会。

我深信本次会议一定会取得丰硕的成果，所有与会者也将受益匪浅。在此，我要特别感谢山东大学的承办，你们的大力支持是会议成功举办的重要保证。

我们热切盼望各位莅临青岛这座美丽的城市。愿我们的聚会充满智慧与启迪，为运动科学领域发展贡献新的力量。

王香生教授

SCSEPF 学会主席

香港中文大学 联合书院 院长

体育运动科学系 主任

2025 年 1 月 20 日

Organizing Committee Invitation

The 22nd SCSEPF Annual Conference, organized by the Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF) and hosted by Shandong University, will be held in Qingdao, China, from September 19 to 21, 2025. The organizing committee sincerely invites you to attend the conference.

Shandong University is a key comprehensive university directly under the Ministry of Education with a long history, complete disciplines, strong academic strength, distinctive school characteristics, and important influence at home and abroad. It is a Class A university in the construction of world-class universities. For more than a hundred years, Shandong University has adhered to the school motto of "storing talents for the world and seeking prosperity for the country", practiced the school motto of "endless learning and great spirit", worked hard and passed on the torch, and formed a school spirit of "respecting reality and seeking innovation". It has cultivated more than 600,000 talents of various types for the country and society, and made important contributions to the national and regional economic and social development. In recent years, Shandong University has achieved leapfrog development, the school's comprehensive level and school quality have been significantly improved, and its international influence has been significantly enhanced. At present, the academic influence and contribution ability of 16 disciplines have entered the top 1% of the ESI world rankings, and inter-school cooperation agreements have been signed with nearly 170 schools in more than 30 countries and regions. In the latest ranking of the best disciplines in China in 2019 by Soft Science, Shandong University has made new breakthroughs, with a total of 51 disciplines on the list, ranking eighth among universities in China, and the overall discipline ranking continues to show an upward trend.

The School of Physical Education of Shandong University is one of the 31 schools currently set up by the university. It was developed on the basis of the Department of Physical Education when the new Shandong University was established in July 2000, with the establishment of the social sports major in 2001 and the admission of the first batch of social sports undergraduates in September 2002. The School of Physical Education is responsible for the construction of the school's sports majors and disciplines, as well as the teaching of public physical education courses, the development of extracurricular mass sports activities, the training and competition of high-level sports teams, and the management and service of sports venues and facilities. The School of Physical Education has 1 doctoral degree program in the second-level discipline, 1 master's degree program in the first-level discipline, 5 master's degrees in the second-level discipline, 1 master's degree authorization point in sports, and 3 undergraduate majors (including 2 high-level athlete majors). It not only has a complete "three-level" academic talent training system of bachelor's, master's and doctoral degrees, but also has undergraduate education in adult education sports



majors, in-service master's degree programs and graduate education for master's degrees with equivalent academic qualifications. Among them, "Sports Humanities and Sociology" is a provincial key discipline. So far, the School of Physical Education has formed a multi-level and multi-form talent training system including graduate education, undergraduate education, and adult education.

The Chinese Society of Exercise Physiology and Fitness Scholars is a non-profit Chinese academic organization that provides an international platform for Chinese exercise physiology and fitness workers to exchange research experience and insights. This will provide a good opportunity for the delegates, especially the teachers and students of related disciplines at Shandong University, to broaden their horizons and understand the development and research status of exercise physiology and fitness in the world.

We sincerely welcome experts, scholars, teachers and students in the fields of exercise physiology, fitness and sports from all over the world to come to Qingdao and come to the beautiful Shandong University to participate in this conference. The school's complete facilities will provide good guarantees for the convening of the conference. I sincerely look forward to meeting you at the 22nd Chinese Exercise Physiology and Fitness Scholars Conference.

Organizing Committee Chairman: Prof. SUN Jinhai

Dean of the School of Physical Education of Shandong University

January 25, 2025

2025 年第 22 届华人运动生理及体适能学者大会组委会邀请函

由华人运动生理与体适能学者学会、山东大学主办，山东大学体育学院承办的第 22 届华人运动生理及体适能学者大会，将于 2025 年 9 月 19 日—9 月 21 日在享有“帆船之都”美誉的中国青岛举行，大会组委会诚挚邀请您出席会议指导交流。

山东大学是一所历史悠久、学科齐全、学术实力雄厚、办学特色鲜明，在国内外具有重要影响的教育部直属重点综合性大学，是世界一流大学建设 A 类高校。百余年间，山东大学秉承“为天下储人才，为国家图富强”的办学宗旨，践行“学无止境，气有浩然”的校训，踔厉奋发，薪火相传，形成了“崇实求新”的校风，为国家和社会培养了 60 余万各类人才，为国家和区域经济社会发展做出了重要贡献。近年来山东大学实现了跨越式发展，学校的综合水平和办学质量明显提升，国际影响力显著增强，目前有 16 个学科的学术影响力和贡献能力进入 ESI 世界排名前 1%，与 30 多个国家和地区的近 170 所学校签署了校际合作协议。在软科 2019 年中国最好学科最新排名中，山东大学取得新突破，上榜学科总数 51 个，位列全国高校第八位，学科排名整体继续呈上升趋势。

山东大学体育学院是目前学校设置的 31 个教学院之一。体育学院是在 2000 年 7 月新山东大学成立之时体育教学部的基础上，随着 2001 年社会体育专业创办和 2002 年 9 月首批社会体育本科生的入校，于 2002 年 12 月“撤部建院”而发展起来的。体育学院肩负着学校体育专业、学科建设任务的同时，还担负着学校公共体育课教学、课外群众体育活动开展、高水平运动队训练竞赛和体育场馆设施管理服务等工作。体育学院拥有二级学科博士点 1 个、一级学科硕士点 1 个、二级学科硕士点 5 个、体育硕士专业学位授权点 1 个、本科专业 3 个（包含 2 个高水平运动员专业），不仅具备了完整的学士、硕士、博士“三级”学历人才培养体系，而且成人教育体育专业本科教育、在职攻读硕士学位和同等学力申请硕士学位研究生教育也一应俱全，其中，“体育人文社会学”为省级重点学科。至此，体育学院形成了包括研究生教育、本科教育、成人教育在内的多层次、多形式的人才培养体系。

华人运动生理学及体适能学者学会是一个非盈利性的华人学术组织，是为华人运动生理学及体适能工作者提供交流研究经验和心得的国际平台。这将为参会代表，特别是为山东大学相关学科的广大师生，提供开阔视野、了解世界运动生理学及体适能发展及研究现状的良好机会。

我们真诚欢迎来自世界各地的运动生理学和体适能及体育领域的专家、学者和广大师生来到青岛，来到美丽的山东大学参加此次大会，学校完善的设施将为大会的召开提供良好的保障。衷心盼望在第 22 届华人运动生理学及体适能学者大会与您相聚。

组委会主席：山东大学体育学院院长 孙晋海教授

2025 年 1 月 25 日

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大会简介 Introduction of the 22nd SCSEPF Annual Conference

华人运动生理与体适能学者学会 (SCSEPF) 是华人学者组建的学术团体, 专注于运动生理学理论研究及其在运动训练和体适能等领域的应用。第二十二届 SCSEPF 年会暨学术大会将于 2025 年 9 月 19~21 日在中国青岛的山东大学举行。本次会议主题是: **数智赋能运动健身与竞技体育** (Digital Intelligence Empowers Physical Fitness and Competitive Sports)。现诚挚地邀请您参加本次学术盛会。

The Society of Chinese Scholars of Exercise Physiology and Fitness (SCSEPF) is an academic organization formed by Chinese scholars specializing in exercise physiology and applied physiology research related to exercise training and physical fitness. The 22nd Annual Conference of the SCSEPF will be held from 19 to 21 September 2025 at Shandong University in Qingdao, China. The theme of the Conference is “Digital Intelligence Empowers Physical Fitness and Competitive Sports”. We sincerely invite you to participate in this academic conference.

会议宗旨 (Purposes)

- 促进运动生理学、运动训练及体适能等领域为主的应用生理学研究。

To promote applied research in exercise physiology, exercise training, and physical fitness.

- 为华人运动生理学及体适能工作者, 提供一个展示其最新研究成果和讨论当前研究热点的论坛。

To provide a forum for Chinese scholars in the fields of exercise physiology and physical fitness to present their latest research results and discuss emerging research topics.

- 推广运动生理学教学和研究的先进经验和方法。

To popularize experience and methods in teaching and research in exercise physiology.

- 促进 SCSEPF 与世界及国内有关的学术组织进行运动生理学及体适能相关科学的学术交流与合作。

To promote academic exchanges and cooperation between SCSEPF and other national or international academic organizations in exercise physiology and physical fitness.

Review of the previous SCSEPF annual conferences

Time	The theme	Location	
2002	Health Promotion, Fitness and Leisure: the Elements for Quality of Life	Hong Kong Baptist University	Hong Kong SAR, China
2003	Mass Health and Fitness	Macau Polytechnic Institute	Macau SAR, China
2004	The Scientific Development of Exercise Physiology and Fitness in the New Century	Suzhou University	Suzhou, China
2005	Elite Athletes' Health and Scientific Training	Chinese Cultural University	Chinese Taipei, China
2006	Sports Physiology Research and Practice	Tianjin University of Sport	Tianjin, China
2007	Exercise, Health and Sports Science	South China Normal University	Guangdong, China
2008	Exercise Nutrition and Health	Chengdu Sport University, China	Beijing, China
2009	Sports for the Mass and the Olympic Movement	Hong Kong Baptist University	Hong Kong SAR, China
2010	Exercise, Nutrition and Health Promotion	Beijing Sport University	Beijing, China
2011	Achievements in Exercise Physiology and Fitness in the Last Decade	Cheng Shiu University	Chinese Taipei, China
2012	Shanghai International Forum on Exercise and Health	Shanghai University of Sport	Shanghai, China
2013	Environmental effects on physical activities and quality of life	Shenyang Sport University	Shenyang, China
2014	From theory to practice	Hebei Normal University	Hebei, China
2015	Attaining Quality of Life through Physical Activity	University of Macau	Macau, China
2016	Aging, Quality of Life and Physical Activity as Medicine: Where is the Science?	Hong Kong Baptist University	Hong Kong SAR, China
2017	Scientific Foundations of Exercise and Training	Hunan Normal University	China
2018	Sports for all and Sport Science	National Chung Hsing University	Chinese Taipei
2019	Sports Science in Elite and Mass Sport	Shaanxi Normal University	Xi'an, China
2021	Sustainability of Sports and Exercise during the COVID-19 Pandemic	Shandong Sport University	Shandong, China
2023	Fitness and Health Promotion during the COVID-19 Pandemic	Hangzhou Normal University	Hangzhou, China
2024	New Advances in Exercise Science Theory and Application	Wuhan Sports University	Wuhan, China
2025	Digital Intelligence Empowers Physical Fitness and Competitive Sports	Shandong University	Qingdao, China

历届华人运动生理学及体适能学者学会

届次	会议主题	会议地点
第 1 届 (2002)	健康促进、健康与休闲：生活质量之要素	香港浸会大学，中国香港
第 2 届 (2003)	大众健康与健身	澳门理工大学，中国澳门
第 3 届 (2004)	新世纪运动生理与体适能的学科发展	苏州大学，江苏苏州
第 4 届 (2005)	优秀运动员的健康与科学训练	中国文化大学，台湾台北
第 5 届 (2006)	增进运动生理学研究 and 体适能实践的联系	天津体育学院，天津
第 6 届 (2007)	运动、健康与体育科学	华南师范大学，广东广州
第 7 届 (2008)	运动营养与健康	成都体育学院，四川成都
第 8 届 (2009)	大众体育与奥林匹克运动	香港浸会大学，中国香港
第 9 届 (2010)	运动，营养，健康促进	北京体育大学，北京
第 10 届 (2011)	华人运动生理及体能领域学术发展十年有成	正修科技大学，台湾高雄
第 11 届 (2012)	以运动科学的观念提升 21 世纪生活质量	上海体育学院，上海
第 12 届 (2013)	环境对身体活动和生活质量的影响	沈阳体育学院，辽宁沈阳
第 13 届 (2014)	健康运动促进：从理论到实践	河北师范大学，河北石家庄
第 14 届 (2015)	运动：优质生活的必由之路	澳门大学，中国澳门
第 15 届 (2016)	积极老龄化、生活质量和身体活动的医疗价值： 科学的定位	香港浸会大学，中国香港
第 16 届 (2017)	锻炼和训练的科学基础	湖南师范大学，湖南长沙
第 17 届 (2018)	全民运动与运动科学	中兴大学，台湾台中
第 18 届 (2019)	竞技和大众体育的体育科学	陕西师范大学，陕西西安
第 19 届 (2021)	抗疫下的体适能与健康促进	山东体育学院，山东济南
第 20 届 (2023)	后疫情时代体育科学在训练和锻炼中作用	杭州师范大学，浙江杭州
第 21 届 (2024)	运动科学理论与应用的新进程	武汉体育学院，湖北武汉
第 22 届 (2025)	数智赋能运动健身与竞技体育	山东大学，山东青岛

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聂金雷副教授 澳门理工大学

Assoc. Prof. NIE Jinlei, Macao Polytechnic University, Macao, China

徐玉明教授 杭州师范大学

Prof. XU Yuming, Hangzhou Normal University, Hangzhou, China

孟思进教授 武汉体育学院

Prof. MENG Sijin, Wuhan Sports University, Wuhan, China

张洪振副教授 山东大学

Assoc. Prof. ZHANG Hongzhen, Shandong University, Jinan, China

温煦教授 浙江大学

Prof. WEN Xu, Zhejiang University, Hangzhou, China

黄雅君教授 香港浸会大学

Prof. HUANG Yajun Wendy, Hong Kong Baptist University, Hong Kong, China

孙风华副教授 香港教育大学

Assoc. Prof. SUN Fenghua, Education University of Hong Kong, Hong Kong, China

会议主题 (Meeting Subjects)

大会主题 (Conference Theme)

数智赋能运动健身与竞技体育

Digital Intelligence Empowers Physical Fitness and Competitive Sports

专题 Topics

■ 数智赋能时代体适能与健康促进

Physical Fitness and Health Promotion in the Era of Digital Intelligence Empowerment

■ 数智赋能时代新技术在竞技体育中的应用

Application of New Technologies in Competitive Sports in the Era of Digital Intelligence Empowerment

■ 数智赋能时代人工智能与体育创新发展

Artificial Intelligence and Sports Innovation and Development in the Era of Digital Intelligence Empowerment

■ 数智赋能时代慢性疾病与运动干预

Chronic Diseases and Exercise Intervention in the Era of Digital Intelligence Empowerment

■ 数智赋能时代中国传统健身方法的生理学研究

Physiological Research on Traditional Chinese Fitness Methods in the Era of Digital Intelligence Empowerment

■ 数智赋能时代竞技体育中生理学监控的应用进展

Advancement in the Application of Physiological Monitoring in Competitive Sports in the Era of Digital Intelligence Empowerment

■ 运动性疲劳后恢复新手段与新方法

New Methods and Approaches in the Recovery of Exercise-induced Fatigue

■ 运动能力的评定新方法

New Methods in Evaluating Exercise Performance

■ 运动营养及中医药在运动中的应用

Application of Sports Nutrition and Chinese Medicine in Exercise

■ 分子与细胞运动生理学

Molecular and Cellular Exercise Physiology

- 其他相关学科研究

Other Related Disciplinal Research

会议形式及会议语言 (Format of Presentations and Conference Language)

- 主题报告、特邀报告、口头报告、墙报交流。会议采用英文或中文。

Keynote speech, invited speech, oral presentation, and poster presentation. The conference will be conducted in English or Chinese.

会议时间地点 (Time and Location)

- 2025 年 9 月 19 (周五) ~ 21 日 (周日)

19th September (Friday) – 21st September (Sunday), 2025

- 中国, 青岛, 山东大学

Shandong University, Qingdao, China

会议日程: Agenda

会议日程 AGENDA 2025 年 9 月 19-21 日 September 19 – 21, 2025

日期 Date	时 间 Time	内 容 Content	地点 Venue
19 日 Sep 19	09:00-22:00	会议注册 Registration	青岛海泉湾皇冠假日度假酒店 Crowne Plaza Qingdao Haiquan Hotel
20 日 Sep 20	08:30-09:30	大会开幕式 Opening Ceremony	图书馆报告厅 Library Lecture Hall
	09:30-10:30	大会特邀报告 1-2 Keynote Speech 1-2	图书馆报告厅 Library Lecture Hall
	10:30-11:00	茶歇、仪器展览 Coffee Break & Equipment Exhibition	图书馆报告厅 Library Lecture Hall
	11:00-12:00	大会特邀报告 3-4 Keynote Speech 3-4	图书馆报告厅 Library Lecture Hall
	12:00-13:30	午休 (12:30-13:15 午餐研讨会, 需提前报名) Lunch Break (12:30-13:15 Lunch Seminar, Registration required)	
	13:30-15:30	专题报告 Oral Presentation	振声苑南楼 1-3 层 Zhenshengyuan South Building, 1 st -3 rd Floors
	15:30-16:00	茶歇 Coffee Break	振声苑南楼 3 层大厅 Zhenshengyuan South Building, 3 rd Floor Lobby
	16:00-18:00	墙报交流 Poster Presentation	振声苑南楼 1-4 层大厅 Zhenshengyuan South Building, 1 st -4 th Floor Lobby
21 日 Sep 21	19:30-21:30	学会理事会 SCSEPF Council Meeting	学术交流中心会议室 Meeting Room
	08:30-9:30	大会特邀报告 5-6 Keynote Speech 5-6	图书馆报告厅 Library Lecture Hall
	09:30-10:00	茶歇、仪器展览 Coffee Break & Equipment Exhibition	
	10:00-11:00	大会特邀报告 7-8 Keynote Speech 7-8	图书馆报告厅 Library Lecture Hall
	11:00-12:30	会员大会、论文颁奖、会议闭幕 AGM and Closing Ceremony	图书馆报告厅 Library Lecture Hall
	13:30-16:30	参观图书馆、博物馆、体育馆 Visit libraries, museums, and gymnasiums	

大会主报告: Keynote Speech

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (8:30-12:00)

地点: 图书馆报告厅 Library Lecture Hall

时 间 Time	内 容 Content	主持人 Moderator
大会开幕式 Opening Ceremony		
08:30-9:30	介绍领导和特邀嘉宾 Introduction of the Host & Invited Guests	周加强副校长 Vice President Prof. ZHOU Jiaqiang
	王香生会长致开幕词 Welcome Speech by SCSEPF President Prof. WONG Heung-Sang Stephen	
	校领导致欢迎词 Welcome Speech by SDU Administrator	
	参会人员合影 Group Photo	
大会特邀报告 Keynote Speech		
9:30-10:00	演讲嘉宾: Prof. Grant TOMKINSON 演讲主题: Are We More Fit Today Than in the Past?	傅浩坚教授 Prof. FU Hoo-Kin Frank 何玉秀教授 Prof. HE Yuxiu
10:00-10:30	演讲嘉宾: Dr. Ryan Stanley FALCK 演讲主题: The Around the Clock Terminology Consortium: An international Consensus Project to Develop Terminology for the 24-Hour Cycle of Physical activity, Sedentary Behaviour, and Sleep	
10:30-11:00	茶歇、仪器展览 Coffee Break & Equipment Exhibition	
11:00-11:30	演讲嘉宾: Prof. KIM Jong-Hee 演讲主题: Exercise Regulation of Skeletal Muscle Cell Death Pathways Across Aging States and Development of a Translational Frailty Mouse Model for Biomarker Discovery	王荣辉教授 Prof. WANG Ronghui 孔兆伟副教授 Assoc. Prof. KONG Zhaowei
11:30-12:00	演讲嘉宾: Prof. HONG Jung-Gi 演讲主题: Force-Velocity Profiling using Electronic Performance Tracking System (EPTS) and Its Implication to Sports Performance Training	
12:30-13:15	Mentoring Lunch Seminar for Research Postgraduates and Early Career Researchers 研究生与青年学者学术发展午餐研讨会 Venue 地点: 振声苑东楼二层 E206 会议室 Meeting Room E206, 2nd Floor, East Building, Zhenshengyuan 提供简单午餐 Light lunch provided	王香生教授 Prof. WONG Heung-Sang Stephen

口头报告专题: Oral Presentation

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (13:30-15:30)

地点: 振声苑南楼一层 S102 室 Room S102, 1st Floor, South Building, Zhenshengyuan

专题报告 1-1: 数智赋能时代体适能与健康促进 Oral Presentation 1: Physical Fitness and Health Promotion in the Era of Digital Intelligence Empowerment -主持人: 何玉秀 教授 孟思进 教授 -Moderator: Prof. HE Yuxiu Prof. MENG Sijin			
时 间 Time	内 容 Content	作者/单位 Author/Affiliation	
13:30-13:40	Effectiveness of Device-Monitored Stair-Climbing Exercise Snacks on Physical and Mental Health in Physically Inactive Adults: A Pilot Randomized Controlled Trial	LIU Guifang	深圳大学
13:40-13:50	Effects of 8-Week Cognitive Training, Exercise Training, and Combined Intervention on Executive Functions in Children with ADHD: A Randomized Controlled Trial	SUN Fenghua	香港教育大学
13:50-14:00	Intergenerational Antidepressant Effects of Maternal Exercise: The Role of Microglial Phenotype	HE Wenke	香港中文大学
14:00-14:10	Real-world exercise snacks for physiological and mental-health gains: a 60 week RCT with 48 weeks of unsupervised free-living monitoring in sedentary young males	HU Mingzhu	中国民航大学
14:10-14:20	Study of Individual and Environmental Influences on Gross Motor Development in 3-6-Year-Olds	ZHANG Siyi	北京体育大学
14:20-14:30	Study on the Dose-Response Relationship Between Sports Games of Different Intensities and Body Composition Among Children Aged 5~6 Years	HAN Xiaolin	北京体育大学
14:30-14:40	The acute effect of exercise with different intensities on brain activation during inhibition control test in typically developing children	HUANG Kunyi	香港教育大学
14:40-14:50	The association between physical activity, sedentary behaviour, and the fragmentation of both with insulin resistance in rural older adults	WU Qingxu	山东大学

14:50-15:00	The bidirectional association between physical activity and limitations in activities of daily living among middle-aged and older Chinese adults: a random-intercept cross-lagged panel analysis	ZHANG Jiaqi	香港中文 大学
15:00-15:10	The effect of different sports on the quality of life of adolescents from different family socioeconomic statuses	SUI Wenze	山东大学
15:10-15:20	The Intervention of Digital Intelligence Empowered Physical Fitness Training on Repetitive Stereotypic Behaviors in Autistic Children	WANG Tianqi	广州体育 学院
15:20-15:30	The Otago Exercise Program's effect on fall prevention: a systematic review and meta-analysis	王晨宇	韩国汉阳 大学
15:30-15:40	The Relationship Between Daily Physical Activity Levels and Core Muscles Performance in the Elderly	YAN Yu-Tung Chloe	台湾清华 大学

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (13:30-16:30)

地点: 振声苑南楼一层 S103 室 Room S105, 1st Floor, South Building, Zhenshengyuan

专题报告 1-2: 数智赋能时代体适能与健康促进 Oral Presentation 1-2: Physical Fitness and Health Promotion in the Era of Digital Intelligence Empowerment -主持人: 赵亚楠 教授 贺强 副教授 -Moderator: Prof. ZHAO Yanan Assoc. Prof. HE Qiang			
时 间 Time	内 容 Content	作者/单位 Author/Affiliation	
13:30-13:40	The Relationship Between Motor Competence and Physical Activity in School-Aged Children: The Mediating Role of Perceived Motor Competence	HU Jiayu	深圳大学
13:40-13:50	High-Intensity Circuit Training Improves Muscular Fitness and Body Circumferences in Sedentary Young Women: An 8-Week Randomized Controlled Trial	LIAO Qianwen	香港教育大学
13:50-14:00	Triangulating evidence from observational and Mendelian randomization studies of sedentary behavior for epigenetic age acceleration	XU Zhen	香港中文大学
14:00-14:10	数智赋能背景下体适能促进路径的跨学科研究	邢宪民	白俄罗斯国立技术大学
14:10-14:20	8 周有氧运动干预对普通女大学生运动能力及肺功能的影响	杨嘉龙	嘉应学院
14:20-14:30	不同 BMI 女大学生 8 周有氧运动干预对身体组成, 血脂脂肪及心脏功能之差异研究	李振宇	嘉应学院
14:30-14:40	高强度功能性训练在女性人群中效果的随机交叉试验 Meta 分析	DU Wenxin	浙江大学
14:40-14:50	高强度间歇训练对初中生健康体适能的影响	张倩晴	湖南师范大学
14:50-15:00	肌力训练频率与蛋白质摄入对握力与相对握力的联合作用: 基于 NHANES 2011 – 2014 的横断面分析	杨蕾	韩国汉阳大学
15:00-15:10	抗阻训练在改善绝经女性体成分与情绪状态中的作用	李雪杨	中国地质大学
15:10-15:20	数智赋能时代体适能与健康促进研究	田文学	广东警官学院
15:20-15:30	学龄儿童动作能力与身体活动的关系研究: 体质健康的中介作用	雷丹	山东体育学院

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (13:30-16:30)

地点: 振声苑南楼一层 S105 室 Room S105, 1st Floor, South Building, Zhenshengyuan

专题报告 2: 数智赋能时代新技术在竞技体育中的应用 Oral Presentation 2: Application of New Technologies in Competitive Sports in the Era of Digital Intelligence Empowerment -主持人: 徐玉明 教授 林嘉志 教授 -Moderator: Prof. XU Yuming Prof. LIN Chia-Chih			
时间 Time	内容 Content	作者/单位 Author/Affiliation	
13:30-13:40	Beyond Running: How Dribbling and Small-Sided Games Enhance Sprint Performance and Enjoyment in Adolescent Football Conditioning	LIAN Haiyi	澳门大学
13:40-13:50	Acute Effects of Aerobic Exercise, Dynamic Stretching, and Static Stretching on Reaction Performance	CHUANG Chih-I	台湾清华大学
13:50-14:00	Critical power occurs before respiratory compensation point before and following two weeks of high intensity exercise training	LEE Hua-Xing	湖北师范大学
14:00-14:10	Precise Intervention of Sacroiliac Joint Dysfunction in Tennis Athletes Based on Virtual Reality Gait Treadmill Training	MA Jinsong	河北体育学院
14:10-14:20	Relationship between exercise training-induced changes in oxygen uptake kinetics and the power-duration relationship for controlling slow component	LI Meng-Lai	湖北师范大学
14:20-14:30	Research on the Personalized Regulation of Training Load for Teenage Basketball Players Empowered by Digital Intelligence: Internal Logic, Practical Dilemmas and Optimization Paths	SUN Fu	北京体育大学
14:30-14:40	Employing Explainable Artificial Intelligence (XAI) Methodologies to Analyze the Determinants of Women's Basketball Match Outcome	NI Yuanzhen	山东大学
14:40-14:50	不同核心训练方式对提升战斗机飞行员抗荷能力的研究	李卓	北京体育大学
14:50-15:00	不同水平马拉松跑者下肢关节功能与跟腱刚度的差异	韩艳丽	北京体育大学
15:00-15:10	青少年排球运动员在 VBT 视域下力量训练监控与体能测试指标的对比研究	张栋	上海竞技体育训练管理中心

15:10-15:20	探讨不同训练模式对体育男大学生背向式滑步铅球成绩之影响研究	谭心瑜	嘉应学院
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会议日程 AGENDA 2025 年 9 月 20 日 September 20 (13:30-16:30)

地点: 振声苑南楼一层 S111 室 Room S111, 1st Floor, South Building, Zhenshengyuan

<p>专题报告 3: 数智赋能时代人工智能与体育创新发展 Oral Presentation 3: Artificial Intelligence and Sports Innovation and Development in the Era of Digital Intelligence Empowerment -主持人: 吴慧君 教授 温煦 教授 -Moderator: Prof. WU Huey-June Prof. WEN Xu</p>			
时间 Time	内容 Content	作者/单位 Author/Affiliation	
13:30-13:40	Effects of Pilates Exercise on Lower Limb Muscle Strength and Balance in the Elderly: A Systematic Review and Meta-analysis	SUN Xiangyang	韩国汉阳大学
13:40-13:50	Impact of AI on the Physical Education and Recreation	Veroljub STANKOVIC	科索沃米特罗维察普里什蒂纳大学
13:50-14:00	Relationship between Different Physical Exercise Behaviors of Children and Adolescents and Vision Health: An Explainable Machine Learning Analysis	WANG Zhenghan	上海体育大学
14:00-14:10	The Application of Virtual Reality Technology in Sports Education: A Case Study of Latin Dance Spinning Techniques	HUANG Yifan	北京体育大学
14:10-14:20	人工智能赋能体育教育: 创新教学模式与实践探索	王烨栋	杭州师范大学
14:20-14:30	武术动作智能感知技术的演进——个性化适配驱动数字运动项目创新发展	段辉	武汉体育学院
14:30-14:40	智能运动手表对提升跑步训练水平的调查研究	王丽	上海海洋大学
<p>专题报告 5: 数智赋能时代中国传统健身方法的生理学研究 Oral Presentation 5: Physiological Research on Traditional Chinese Fitness Methods in the Era of Digital Intelligence Empowerment -主持人: 吴慧君 教授 温煦 教授 -Moderator: Prof. WU Huey-June Prof. WEN Xu</p>			
14:40-14:50	Research progress of acupuncture in rehabilitation of sports injury : mechanism exploration and efficacy evaluation	WU Zekai	山东体育学院
14:50-15:00	Tai Chi as an Adjunct to Cognitive Behavioral Therapy of Insomnia (CBTI) for Alleviating Insomnia Symptoms in Older Adults with Chronic Insomnia. A Randomized Controlled Trial	YU Pak-hung Angus	香港中文大学

15:00-15:10	传统功法八段锦对中老年人群自主神经功能的调节效应：一项结合可穿戴设备与机器学习的数据驱动研究	吴玥	武汉体育学院
15:10-15:20	老年智能健身技术的认知-情感双路径模型构建——基于混合方法的机制探索	任少博	山西师范大学
15:20-15:30	数智赋能下八段锦对中老年人群心肺功能的生理学效应	王开元	武汉体育学院
15:30-15:40	太极拳对慢性疾病干预效果的研究进展	罗杰涵	武汉体育学院
15:40-15:50	中国传统运动干预阿尔茨海默症的综述	张嘉澍	武汉体育学院

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (13:30-16:30)

地点: 振声苑南楼二层 S205 室 Room S205, 2nd Floor, South Building, Zhenshengyuan

专题报告 4: 数智赋能时代慢性疾病与运动干预 Oral Presentation 4: Chronic Diseases and Exercise Intervention in the Era of Digital Intelligence Empowerment -主持人: 汤长发 教授 邱俊强 教授 -Moderator: Prof. TANG Changfa Prof. QIU Junqiang			
时 间 Time	内 容 Content	作者/单位 Author/Affiliation	
13:30-13:40	Comparative Effectiveness of Different Exercise and Related Therapies on Health-Related Quality of Life in Adults with Asthma: A Systematic Review and Network Meta-Analysis	HE Guangyan	山东财经大学
13:40-13:50	Effects of blood flow restriction combined with isometric resistance training on cardiovascular and muscle health in older adults with hypertension: a randomized controlled trial	MAO Zhiyu	苏州大学
13:50-14:00	Exercise Attenuates Sleep Deprivation-Induced Metabolic Dysregulation	ZHENG Tianshu	山东大学
14:00-14:10	Exercise intensity and not the occurrence of task failure determines the magnitude of post-exercise hypotension	BAI Sujie	湖北师范大学
14:10-14:20	Mind, Mood, and Mobility: Rethinking Functional Disability Prevention in Older Adults Based on a Longitudinal Study from CHARLS (2011 – 2020)	DING Lijie	山东体育学院
14:20-14:30	The application of blood flow restriction combined with stepping aerobic exercise program in older adults with sarcopenia: a randomized controlled trial	ZHANG Hui	苏州大学
14:30-14:40	癌症住院患者血流限制联合抗阻运动的安全性和急性干预效应研究	王芳芳	苏州大学
14:40-14:50	残疾大学生身体活动、健康体适能和 HRQoL 水平评价与关系研究	袁海涛	浙江特殊教育职业学院
14:50-15:00	基于技术接受模型的数智化残疾人康复健身体育服务的效用边界研究	雷园园	河北师范大学
15:00-15:10	人工智能与运动结合对乳腺癌患者化疗期间的影响综述	曾君如	武汉体育学院

15:10-15:20	数智赋能时代耐力运动员运动剂量与弥漫性心肌纤维化的影响研究	李林森	贵州大学
15:20-15:30	EMR 介导抑郁的神经元髓鞘形成机制及运动干预效应研究	沈丽婷	华东师范大学

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (13:30-16:30)

地点: 振声苑南楼二层 S207 室 Room S207, 2nd Floor, South Building, Zhenshengyuan

专题报告 6: 数智赋能时代竞技体育中生理学监控的应用进展 Oral Presentation 6: Advancement in the Application of Physiological Monitoring in Competitive Sports in the Era of Digital Intelligence Empowerment -主持人: 林贵福 教授 孔兆伟 副教授 -Moderator: Prof. LIN Kuei-Fu Assoc. Prof. KONG Zhaowei			
时间 Time	内容 Content	作者/单位 Author/Affiliation	
13:30-13:40	A study on the salivary cortisol concentration in expert-novice combat sports under stress	ZHANG Na	北京体育大学
13:40-13:50	Sex Dimorphism in Serum Lipid Dynamics After Acute Exhaustive Exercise	REN Zhongxun	北京体育大学
13:50-14:00	Research on Application Strategies of Digital Physical Fitness in Basketball Training	YUAN Yue	北京体育大学
14:00-14:10	A Digital Evaluation Study on the Effect of AI-Assisted Weighted Jump Training for Badminton Players on Power Enhancement	FANG Wanting	北京体育大学
14:10-14:20	Correcting Lower Limb Functional Asymmetry in Elite Youth Soccer Players Using VR-Based Multimodal Perceptual Feedback Training: A Randomized Controlled Trial	WANG Yongzhen	韩国汉阳大学
14:20-14:30	Advances in the Application of Physiological Monitoring in Competitive Sports in the Era of Digital Intelligence: Technology Integration and Anti-Doping Innovation	夏业澜	上海体育大学
专题报告 8: 运动能力的评定新方法 Oral Presentation 8: New Methods in Evaluating Exercise Performance -主持人: 林贵福 教授 孔兆伟 副教授 -Moderator: Prof. LIN Kuei-Fu Assoc. Prof. KONG Zhaowei			
14:30-14:40	An exploration of quantification parameter for blood flow restriction pressure—interface pressure measurement and its relationship with blood flow	YIN Tongtong	苏州大学
14:40-14:50	Assessing the Validity of a Thigh-Worn Accelerometer for Physical Behaviour Measurement in Preschool Children	WU Zhenying	香港浸会大学

14:50-15:00	Comparison of lower limb force-velocity and load-velocity relationship variables in monitoring resistance training fatigue	LI Zhaoqian	格拉纳达大学
15:00-15:10	Norms for Children' s Fundamental Movement Skill Test of School-Age Children	YIN Xinyi	上海体育大学
15:10-15:20	Research on the Application of Triaxial Accelerometers in Physiological Monitoring of Swimmers	LIU Xundian	北京体育大学
15:20-15:30	Temporal Trends in Standing Long Jump Performance of 5,839,810 Chinese Children and Adolescents Between 2000 and 2023	QIN Guoyang	上海体育大学
15:30-15:40	Validity of Wrist-worn Accelerometer Cut-Points for Classifying Physical Activity Intensity in Preschoolers	HUANG Xiaoqi	香港浸会大学
15:40-15:50	室内外环境下中等强度运动对前额叶皮层振荡的影响及环境关联研究	薛玉洁	中国地质大学（北京）
15:50-16:00	数智赋能时代下 fNIRS 与多模态生理指标融合的运动监测技术研究进展	李斯乐	澳门理工大学

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (13:30-16:30)

地点: 振声苑南楼二层 S209 室 Room S209, 2nd Floor, South Building, Zhenshengyuan

专题报告 7: 运动性疲劳后恢复新手段与新方法 Oral Presentation 7: New Methods and Approaches in the Recovery of Exercise-induced Fatigue -主持人: 王琳 教授 于洁 教授 -Moderator: Prof. WANG Lin Prof. YU Jie			
时 间 Time	内 容 Content	作者/单位 Author/Affiliation	
13:30-13:40	Acute Effects of Whole-Body Vibration Exercise with Additional Loading on Lower Limb Muscle Synergies during Running	NAM Hyeri	上海体育大学
13:40-13:50	Chronic Stress - induced Alterations in Central and Peripheral Neural Circuits and the Interventional Effects of Exercise	DENG Mengting	华东师范大学
13:50-14:00	Comparison of Lower-Limb Joint Power Characteristics and Mechanical Power Contribution Patterns Between Drop Jump Strategies Using Statistical Parametric Mapping	ZHAO Rui	韩国汉阳大学
14:00-14:10	Impact of Varying Durations of One-Week Mild Hyperbaric Oxygen Therapy on Fatigue Recovery After Endurance Exercise in Rats	QU Chaoyi	河北师范大学
14:10-14:20	Neuromuscular training for preventing ankle joint injuries in athletes: a systematic review and meta-analysis	ZHANG Yunong	韩国世宗大学
14:20-14:30	达到重返运动标准的前交叉韧带重建术后运动员下肢生物力学异常与力觉缺陷相关	许梦涵	上海体育大学
14:30-14:40	踝关节扭伤史人群坐站转移中的姿势控制及肌肉协同特征分析	李磊	北京体育大学
14:40-14:50	6 周运动疗法联合针灸对改善脑卒中偏瘫患者运动能力及日常生活能力的影响研究	张雨英	北京体育大学
14:50-15:00	渐进式抗阻 Otago 训练对 65 – 80 岁老年人平衡能力及神经生理指标的影响: 一项随机对照试验	杨毅辰	中国地质大学 (北京)
15:00-15:10	探究短期不同强度负荷干预对高校男大学生下肢力量之差异研究	陈强强	嘉应学院
15:10-15:20	探讨快速与慢速离心训练对非体育专业女大学生下肢爆发力的差异性研究	黄怡晖	嘉应学院
15:20-15:30	微压氧对短跑运动员无氧运动后疲劳恢复的影响	张国晨	河北师范大学

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地点: 振声苑南楼三层 S307 室 Room S307, 3rd Floor, South Building, Zhenshengyuan

专题报告 9: 运动营养及中医药在运动中的应用 Oral Presentation 9: Application of Sports Nutrition and Chinese Medicine in Exercise -主持人: 聂金雷 副教授 潘梓竣 助理教授 -Moderator: Assoc. Prof. NIE Jinlei Asst. Prof. POON Tsz-Chun Eric			
时 间 Time	内 容 Content	作者/单位 Author/Affiliation	
13:30-13:40	The Effect of Acute Sprint Interval Training with Ketone Supplementation on Emotional States in Overweight Young Women	FU Tingqi	澳门大学
13:40-13:50	Effects of 8-week MICT/HIIT on the morphology of jejunal villi, fluorescence expression of VIL-1 protein, and lipid absorption in high-fat diet rats	WANG Weihuan	河北师范大学
13:50-14:00	Effects of Acute Exogenous Ketone Supplementation on Sprint Interval Exercise Performance in Overweight Females	ZHANG Ruoqi	澳门大学
14:00-14:10	Effects of Combined L-Arginine and Folic Acid Supplementation on Athletic Performance in Young Marathon Runners	ZHOU Jianfan	山东大学
14:10-14:20	Effects of high-intensity circuit training combined with time-restricted eating on lipid profiles in women with overweight and obesity: A randomized controlled trial	ZHANG Borui	香港教育大学
14:20-14:30	Effects of MCT1-mediated lactate transport on lactate homeostasis and adipocyte energy metabolism	ZHAO Jiani	北京体育大学
14:30-14:40	Effects of Morning vs. Evening Exercise Timing Combined with Calorie Restriction in Overweight/Obese Young Adults – A Randomized Controlled Trial Protocol	ZHANG Xiaoyuan	北京大学
14:40-14:50	Exogenous Lactate Infusion Independently Enhanced Hypothalamic Neuroplasticity and Reduces Visceral Fat via VMH ER α Pathway	TIAN Shuai	河北师范大学
14:50-15:00	Hepatic Fatty Acid Oxidation Drives Exercise-Induced NAV for Energy Balance Regulation	WU Baile	北京体育大学
15:00-15:10	The effects of intermittent dieting with ad-libitum intakes on body composition and psychological responses in overweight/obese	TSANG Hei Jaclyn	香港教育大学

	females: Protocol for a randomized controlled trial		
15:10-15:20	Effects of Exercise and Nutrition Education on Physical Fitness, Body Composition, and Quality of Life in Community-Dwelling Older Adults in Hong Kong	HOU Wen	香港浸会大学
15:20-15:30	有氧运动联合乳酸灌注激活棕色脂肪交感神经促进棕色化产热的机制研究	常萌萌	河北师范大学

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地点: 振声苑南楼三层 S309 室 Room S309, 3rd Floor, South Building, Zhenshengyuan

专题报告 10: 分子与细胞运动生理学 Oral Presentation 10: Molecular and Cellular Exercise Physiology -主持人: 张勇 教授 孙风华 副教授 -Moderator: Prof. ZHANG Yong Assoc. Prof. SUN Fenghua			
时 间 Time	内 容 Content	作者/单位 Author/Affiliation	
13:30-13:40	Aerobic Exercise Improves Macrophage Polarization and Insulin Resistance: Regulation Mechanism Mediated by miR-221-3p	LI Nan	西安交通大学
13:40-13:50	Aerobic exercise rescues synaptic plasticity via lactate/GPR81 and miR-3473e/EphB2 signaling in early-stage Alzheimer' s disease	LIU Wenfeng	湖南师范大学
13:50-14:00	Early-Life Physical Activity Intervention A Key to Reshaping Lipid Metabolism and Prolonging Lifespan via fat-7 Regulation in Caenorhabditis elegans	CHEN Bingao	曲阜师范大学
14:00-14:10	Effects of Regular Aerobic Exercise and High-Intensity Interval Training on Cognitive Function and VEGF/BACE1 Signaling in an Alzheimer's Mouse Model	刘颖	湖南师范大学
14:10-14:20	Exosome-Mediated Antidepressant Effects of Exercise: From Molecular Mechanisms to Intervention Strategies	LIN Chenli	华东师范大学
14:20-14:30	Exploring CADD-based binding modes of and testosterone and its metabolites with potential in vivo targets	丁雨虹	北京体育大学
14:30-14:40	Multi-Level Regulation of Ferroptosis in Aging: The Interplay of Sex and Exercise on Histological, Protein, and Genetic Markers in Skeletal Muscle	JI Fujue	韩国汉阳大学
14:40-14:50	Oxidative Stress Modulation by Early-Life Exercise in Caenorhabditis elegans	CHEN Hongbao	曲阜师范大学
14:50-15:00	Plasma EVs – Derived miR-183-5p Mediates the Antidepressant Effects of Exercise	LI Qing	华东师范大学
15:00-15:10	Sleep deprivation modulates thermogenesis and energy metabolism through bile acid signaling in mice	GAO Xinran	山东大学

15:10-15:20	Treadmill exercise activates endogenous FGF21 to regulate Akt/GSK-3 β signaling for improving the neurovascular unit in early-stage Alzheimer's disease	TONG Xiangli	湖南师范大学
15:20-15:30	母体有氧运动改善肥胖诱导子代血管平滑肌细胞表型转化的机制研究进展	李琪	北京体育大学
15:30-15:40	SIRT1 基因多态性与血脂及其高强度间歇训练敏感性的关联研究	刘姝辰	安庆师范大学
15:40-15:50	HEY2 基因多态性与有氧运动能力对高强度间歇训练敏感性研究	姚腾	安庆师范大学
15:50-16:00	BDNF-TrkB 通路调控多巴胺能神经元炎症及多巴胺释放的作用	代玉玺	河北师范大学

大会墙报交流：Poster Presentation

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (16:00-18:00)

地点：振声苑南楼 2 层大厅 Zhenshengyuan South Building, 2nd Floor Lobby

墙报专题 1-1: 数智赋能时代体适能与健康促进 Poster Session 1: Physical Fitness and Health Promotion in the Era of Digital Intelligence Empowerment -主持人: 温煦 教授 赵亚楠 教授 -Moderator: Prof. WEN Xu Prof. ZHAO Yanan			
编号 Number	内容 Content	作者/单位 Author/Affiliation	
P1-1	A Yoga Training Session Associated with Resting-State Electroencephalograms Dynamics in China Middle-Aged Woman	XIAO Jinwei	北京大学
P1-2	A systematic review and meta-analysis on association between the “weekend warrior” physical activity pattern and health outcomes	LI Guangkai	山东大学
P1-3	A Systematic Review of the Application of the Social Ecological Model in Physical Activity Research among Children and Adolescents	HE Gang	首都体育学院
P1-4	Application of artificial intelligence in the formulation of personalized training program for exercise to lose weigh	LI Jing	湖北文理学院
P1-5	Artificial Intelligence Empowering Sports Science: Research on Intelligent Monitoring of Exercise Physiology and Precision of Physical Fitness Intervention	林佳佳	集美大学
P1-6	Association between Changes in Sarcopenia and Incident Depressive Symptoms: A Prospective Multicenter Study	LAN Ming	天津中医药大学
P1-7	Association Between Guideline-Recommended Physical Activity and Reduced All-Cause Mortality in US Adults: A Nationally Representative Cohort Study	WANG Bingzheng	山东大学
P1-8	Current Research Status on the Promotion of Adolescent Mental Health through Physical Activities from the Perspective of Physical Literacy	HU Xin	哈尔滨体育学院
P1-9	Digital and Intelligent Transformation of Public Sports Services from the Perspective of Active Aging: Logic, Challenges, and Paths	WANG Ke	西北工业大学
P1-10	Digital Health-Based Physical Activity and Cognitive Function in Older Adults: A	HAN Qifeng	韩国汉阳大学

	Bibliometric Analysis		
P1-11	Digital Intelligence Empowering Traditional Fitness: Research on Neuroendocrine-Immune Regulatory Mechanisms and Precision Health Promotion	何嘉豪	集美大学
P1-12	Does the Environment Matter? Acute Effects of Aerobic Exercise in Green, Outdoor, and Indoor Settings on Affect and Executive Function	WU Siyin	中国地质大学 (北京)
P1-13	Effects of a Contemporary Dance Program Embodying Animal Movements on Exercise Function in Elderly Women	HONG Yoon Seo	韩国汉阳大学
P1-14	Effects of Eight Weeks of Polarized and High-Intensity Interval Training on Cardiovascular Stress in Middle-Aged and Older Adults	YANG Yen-Yi	台湾中国文化大学
P1-15	Effects of single Polarized and High-Intensity Interval Exercise with Equal Training Impulse on Prefrontal Lobe Oxygen Saturation and Acute Post-Exercise Cognitive Function Correlation	LI Yu-De	台湾中国文化大学
P1-16	Gut Microbiota Changes in Obesity: The Roles of Non-Nutritive Sweeteners and Physical Activity	ZHENG Chen	香港教育大学
P1-17	Longitudinal Analysis of COVID-19 Impacts on Chinese University Students' Physical Fitness: A Three-Year Comparative Study (2021-2023)	LI Keke	北京体育大学
P1-18	Physiological, Metabolic, and Inflammatory Responses to Caloric Restriction Alone or Combined With Structured Free-Walking in Beagle Dogs: A One Health Perspective	Hyeonseung RHEEM	韩国汉阳大学
P1-19	Psychological Intervention Effect of Taekwondo on Adolescents from Single-Parent Families	WANG Jingchun	福建师范大学
<p style="text-align: center;">墙报专题 1-2: 数智赋能时代体适能与健康促进 Poster Session 1-2: Physical Fitness and Health Promotion in the Era of Digital Intelligence Empowerment -主持人:邱俊强 教授 郑晨 助理教授 -Moderator: Prof. QIU Junqiang Asst. Prof. ZHENG Chen</p>			
P1-20	Relationship between self-reported physical activity and maximal oxygen uptake among college students	WANG Chao	首都体育学院
P1-21	The association between weekend warrior physical activity pattern and anxiety: evidence from a U.S. population-based study	XIN Jiahao	扬州大学

P1-22	The Study of Digital Health Interventions for Promoting Mental Health among College Students	YAN Zijun	华东师范大学
P1-23	Work-to-Rest Ratio in CrossFit Training: Effects on Body Composition, Muscular Function, Cardiovascular Endurance, and Balance in Young Adult Males	Ji Hwang CHOI	韩国汉阳大学
P1-24	Associations between Explosive Strength and Balance Indicators for Fall Prevention in Older Adults: Analysis of RFD, vGRF, COP, and Grip Strength	Hyoyoung JANG	韩国 Cha 医科学大学
P1-25	Interrelationships between Sleep, Exercise, Toe Strength, and Balance: Implications for Fall Prevention in the Elderly	Yukyong WON	韩国 Cha 医科学大学
P1-26	Physical Function and Pulmonary Function to a Single Stair Exercise Session According to Exercise Experience Duration in Adults Aged 65 to 74 Years	Hyojung OH	韩国 Cha 医科学大学
P1-27	Reciprocal Relationships between Physical Literacy and Moderate to Vigorous Physical Activity among Older Adults	OU Kai-ling	香港浸会大学
P1-28	北京市《学龄期自闭症儿童基础动作技能评估量表》的编制	李悦	北京体育大学
P1-29	电子健康素养对老年人身体活动、久坐及睡眠的影响：自我效能感的中介与调节作用	张冰雁	深圳大学
P1-30	基于家长支持的混合式干预对儿童活动行为及身心健康的影响：一项随机对照试验	钟深骄	深圳大学
P1-31	数智赋能时代大学生体适能与健康促进的创新路径研究——基于公共卫生学理论的整合分析	孙传宁	山东大学
P1-32	数智赋能时代老年人健康体适能发展研究	李浩毅	武汉体育学院
P1-33	数智赋能时代老年人开展功能性体适能锻炼：价值、困境与路径	崔菲	吉林体育学院
P1-34	数智赋能下社区慢性病防治服务体系创新路径研究	王硕	河北体育学院
P1-35	数智时代工作场地“十五分钟健身圈”建设的理论研究	马春泽	郑州大学
P1-36	体育锻炼活动与中学生攻击性行为的关系：自我控制的中介作用	陈嘉晖	深圳大学
P1-37	体育元宇宙：数智赋能下沉浸式运动健身的新范式	高莹	山东大学

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墙报专题 2: 数智赋能时代新技术在竞技体育中的应用 Poster Session 2: Application of New Technologies in Competitive Sports in the Era of Digital Intelligence Empowerment -主持人: 林嘉志 教授 刘沅龙 教授 -Moderator: Prof. LIN Chia-Chih Prof. LIU Yuanlong			
编号 Number	内 容 Content	作者/单位 Author/Affiliation	
P2-1	Current Status and Development of Artificial Intelligence Technology Applications in Competitive Sports: A Systematic Review	LEI Xiao	澳门大学
P2-2	A Case Study on the Influence of Different Carrying Weights on Elite Yajia Athletes in Exhaustive Cycling Exercise	LI Xingyu	南宁师范大学
P2-3	Effects of Judo Training on Health-Related Physical Fitness, Self-Esteem and Depression in Multicultural Youth	LEE Haesung	韩国汉阳大学
P2-4	Lightweight Multimodal Real-Time Evaluation and Feedback System for FIG Difficulty Elements in Competitive Aerobic Gymnastics	李雅文	闽南师范大学
P2-5	Predicting Oxygen Consumption in Rowing Exercise Using Muscle Oxygen Saturation of the Vastus Lateralis and Latissimus Dorsi and Heart Rate	Yi Chu	台湾中国文化大学
P2-6	Preliminary Study on the Effect of Combined Stretch-Shorten Cycle and Velocity-Based Resistance Training on Youth Male 400M Sprinters	GUO Linzheng	北京体育大学
P2-7	Technological Framework of Intelligent Sports Refereeing Systems: Research on Human-AI Co-Adjudication Models and Fairness Governance Mechanisms	WANG Haoyi	天津体育学院
P2-8	The analysis of the Sweet Spot for the baseball bat	LIU Chiang	臺北市立大學
P2-9	The Application of Machine Learning Algorithms in Predicting Football Match Outcomes	BAN Yue	首都体育学院
P2-10	The positive effects of sports on physical health and social well-being	LIU Yunting	广州大学

P2-11	The Spatial Production Mechanism and Service Paradigm Shift of Urban Sports Venues Enabled by Digital Intelligence	WANG Cheng	南京大学
P2-12	不同層級橄欖球盃賽場次間隔休息時間之分析	林士迪	台湾师范大学
P2-13	从传统经验到数字智能：足球体能训练数字化转型的研究	冯纳睿	吉林体育学院
P2-14	科技赋能竞技体育发展研究	王增斌	潍坊科技学院
P2-15	数智赋能时代新技术在竞技体育中的应用研究	邵文俊	重庆大学
P2-16	数智化赋能军校学员体能训练的路径研究	吴宕	中国人民解放军海军航空大学
P2-17	血流限制联合弹力带激活对大学网球专项生发球速度的影响	胡耀康	北京体育大学

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地点：振声苑南楼 3 层大厅 Zhenshengyuan South Building, 3rd Floor Lobby

<p>墙报专题 3：数智赋能时代人工智能与体育创新发展 Poster Session 3: Artificial Intelligence and Sports Innovation and Development in the Era of Digital Intelligence Empowerment -主持人：王先亮 教授 吴慧君 教授 -Moderator: Prof. WANG Xianliang Prof. WU Huey-June</p>			
编号 Number	内 容 Content	作者/单位 Author/Affiliation	
P3-1	Research on Emotional Regulation Strategies in College Basketball Education and Training in the Era of Digital Intelligence Empowerment	SHAN Jinyu	韩国汉阳大学
P3-2	Exploring University Elite Athletes' Awareness of Their Right to Learn	HoonJae JO	韩国汉阳大学
P3-3	An Exploration of Physical Education Teachers' Practical Experiences for Enhancing Middle School Girls' Participation in Physical Education	GyuWon JUNG	韩国汉阳大学
P3-4	智能技术驱动下“学-练-赛”三位一体的体育教学改革路径构建	马凯泉	山东交通学院
P3-5	虚拟现实技术赋能新兴体育运动参与的创新路径研究	韩珂	山东协和学院
P3-6	《大学体育-越野滑轮》课程对大学生灵敏性和前庭功能稳定性的影响研究	邸娜	沈阳科技学院

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (16:00-18:00)

地点：振声苑南楼 4 层大厅 Zhenshengyuan South Building, 4th Floor Lobby

墙报专题 4：数智赋能时代慢性疾病与运动干预 Poster Session 4: Chronic Diseases and Exercise Intervention in the Era of Digital Intelligence Empowerment -主持人：王先亮 教授 吴慧君 教授 -Moderator: Prof. WANG Xianliang Prof. WU Huey-June			
编号 Number	内 容 Content	作者/单位 Author/Affiliation	
P4-1	Determining the Optimal Stroke Start Point for Assessing Power Output Variability in Incremental Rowing Ergometer Testing	LEE Po-Chun	台湾中国文化大学
P4-2	Exercise Intervention Improves Cognitive Decline Caused by Mobile Phone Addiction: A Systematic Review of Effects and Mechanism	WANG Ruojiang	澳门大学
P4-3	Virtual Reality and Exergaming Interventions for Health-Related Physical Fitness in Overweight and Obese Youth: A Systematic Review	ZHANG Liang	首都体育学院
P4-4	Spexin 在肥胖及运动调控中的作用及可能机制	陈楠	沈阳体育学院
P4-5	慢性疾病运动干预的数智化转型：技术驱动与健康效益	涂安琪	南昌大学
P4-6	数智化运动处方在慢性疾病管理中的精准应用与效果评估	胡思娇	河南理工大学
P4-7	数智时代体医融合在养老服务中高质量发展的路径研究	郭玉萍	安阳师范学院
P4-8	数字化“零食式运动”——慢性病患者健康促进的新策略	仲炜	华东师范大学
P4-9	运动疗法治疗多囊卵巢综合征的系统评价	刘春雨	玉林师范学院

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地点: 振声苑南楼 4 层大厅 Zhenshengyuan South Building, 4th Floor Lobby

<p>墙报专题 5: 数智赋能时代中国传统健身方法的生理学研究 Poster Session 5: Physiological Research on Traditional Chinese Fitness Methods in the Era of Digital Intelligence Empowerment -主持人: 黄雅君 教授 焦姣 助理教授 -Moderator: Prof. HUANG Yajun Wendy Asst. Prof. JIAO Jiao</p>			
编号 Number	内容 Content	作者/单位 Author/Affiliation	
P5-1	Innovative model combining artificial intelligence with traditional martial arts short weapon training	ZHU Junhui	马来西亚国立大学
P5-2	Tai Chi Chuan and NF-κB-driven pro-inflammatory gene expression (IL-6, IL-1 β , TNF- α) in adult patients with chronic diseases: a systematic evaluation and meta-analysis of randomized controlled trials	ZHU Siqu	武汉体育学院
P5-3	基于 AI 的数字太极拳教学平台在中年高血压管理中的应用及效果	成依霖	武汉体育学院
P5-4	基于数智化手段下八段锦对人体生理机能影响的量化评估	李思媛	武汉体育学院
P5-5	数智赋能时代武术套路体能训练: 应用路径与效能提升	袁福妹	武汉体育学院
P5-6	太极拳抗肌骨衰老风险的处方设计及其干预实证研究	章卓越	杭州师范大学
P5-7	预防中年人肌骨衰老的陈氏太极拳运动方案设计与分析	梁昊宇	杭州师范大学
P5-8	针灸“足三里”联合 β -丙氨酸补充对延迟性肌肉酸痛 (DOMS) 的协同镇痛效应研究	钟凯佳	成都体育学院

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (16:00-18:00)

地点: 振声苑南楼 3 层大厅 Zhenshengyuan South Building, 3rd Floor Lobby

墙报专题 6: 数智赋能时代竞技体育中生理学监控的应用进展 Poster Session 6: Advancement in the Application of Physiological Monitoring in Competitive Sports in the Era of Digital Intelligence Empowerment -主持人: 黄雅君 教授 焦姣 助理教授 -Moderator: Prof. HUANG Yajun Wendy Asst. Prof. JIAO Jiao			
编号 Number	内容 Content	作者/单位 Author/Affiliation	
P6-1	Development of a Multi-Channel Physiological Real-Time Monitoring Framework for Athletic Workload in High-Heat Environments: A Systematic Review	TU Suzi	澳门大学
P6-2	Exercise Stress Echocardiography: An Innovative Tool for Precise Cardiac Function Assessment in Athletes	MA Chengzhe	澳门大学
P6-3	Big Data in Sports Technology for Proactive Health and Intelligent Exercise Rehabilitation	Borislav CICOVIC	波黑东萨拉热窝大学
P6-4	An Analysis of Global Anti-Doping Testing Trends (2012-2022): Insights by Region, Anti-Doping Organization Type, and Sport Category	Jeonginn CHOI	韩国汉阳大学
P6-5	Optimizing Training Load through Neutrophil-to-lymphocyte Ratio Monitoring: Nonlinear Thresholds for Creatine Kinase and Cortisol in Athletes	WANG Cong	江苏省体育科学研究所
P6-6	A Football Player Performance Prediction and Selection Model Fusing MCDM and Transformer	周雨欣	景德镇陶瓷大学
P6-7	Effects of Different Stress States on Athletes' Cognitive Function and the Underlying Neural Mechanisms	ZHANG Xinbi	首都体育学院
P6-8	The Acute Effects of Moderate and High-Intensity Back Squat Exercise with Low Velocity Loss on Lower-Limb Neuromuscular Performance and Post-Activation Performance Enhancement	LEE Chen-Hung	台湾中国文化大学
P6-9	Effect of Unilateral Eccentric Quasi-Isometric Preconditioning of the Elbow Flexors on Bilateral Recovery Efficiency Following Eccentric-Induced Muscle Damage	WONG Edson-Ba-Liang	台湾中国文化大学
P6-10	低強度離心運動結合血流限制對運動後肌肉荷爾蒙及肌肉損傷的影響	王建晞	台湾师范大学

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (16:00-18:00)

地点: 振声苑南楼 1 层大厅 Zhenshengyuan South Building, 1st Floor Lobby

墙报专题 7: 运动性疲劳后恢复新手段与新方法 Poster Session 7: New Methods and Approaches in the Recovery of Exercise-induced Fatigue -主持人: 汤长发 教授 徐玉明 教授 -Moderator: Prof. TANG Changfa Prof. XU Yuming			
编号 Number	内 容 Content	作者/单位 Author/Affiliation	
P7-1	Clinical Efficacy of Huoxue Zhitong Decoction Combined with Acupuncture for Sports-Induced Knee Sprains: A Therapeutic Evaluation	WANG Zhen	山东第一医科大学
P7-2	Differences in Muscle Synergy Characteristics of the Cross Punch Among Boxers with Varying Training Status	CHEN Yonghui	香港中文大学
P7-3	Return to sport after anterior cruciate ligament reconstruction relationship between physical function and psychological readiness	王映然	浙江大学
P7-4	Some new methods for athletes' recovery after sports fatigue	LI Han	首都体育学院
P7-5	Study on the Effect of VR Technology-Assisted Exercise Intervention in Improving Functional Recovery of Stroke Patients	WANG Tianyi	澳门大学
P7-6	Text Mining-Based Analysis of Research Trends in Athlete Recovery in Korea: 2010 – 2024	Hyun Kee YOO	韩国汉阳大学
P7-7	人工智能驱动运动疲劳检测的现实应用	李祉含	南京师范大学
P7-8	基于双向长短期记忆网络的运动疲劳状态监测系统研发	贾清秀	安阳师范学院

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (16:00-18:00)

地点: 振声苑南楼 2 层大厅 Zhenshengyuan South Building, 2nd Floor Lobby

墙报专题 8-1: 运动能力的评定新方法 Poster Session 8-1: New Methods in Evaluating Exercise Performance -主持人: 汤长发 教授 徐玉明 教授 -Moderator: Prof. TANG Changfa Prof. XU Yuming			
编号 Number	内容 Content	作者/单位 Author/Affiliation	
P8-1	Difference of Muscle Activity Between the Dominant Side and the Non-Dominant Side When Maintaining Upright Posture	LI Jun	北京体育大学
P8-2	A performance analysis of success-determining factors in 3x3 basketball at the 2024 Paris Olympic Games	MA Shuang	韩国汉阳大学
P8-3	Analysis of Techniques and Scores of World Male Judokas Following the Revision of Judo Competition Rules: A Comparison of the 2021 and 2023 World Judo Championships	Taejung KIM	韩国汉阳大学
P8-4	Analysis of the factors determining the victory or defeat in the 2014~2024 U18 Asian Cup Basketball Tournament	Minjin KIM	韩国汉阳大学
P8-5	Comparison of the pitching location judgment among various levels of Stroboscopic Glasses in college baseball players	LIU Ya-Chen	台湾中华大学
P8-6	Core Exercise on Unstable Surface: Effects on Body Composition, Muscle Strength, Dynamic Balance in Sedentary Women in Their 20s	Minyeong EOM	韩国汉阳大学
墙报专题 8-2: 运动能力的评定新方法 Poster Session 8-2: New Methods in Evaluating Exercise Performance -主持人: 王琳 教授 孟思进 教授 -Moderator: Prof. WANG Lin Prof. MENG Sijin			
P8-7	Effects of Bench Press Performed at Different Tempos with Equal Time Under Tension on Muscle Mechanical Properties of the Pectoralis Major and Triceps Brachii	LIN Wei-Xiang	台湾中国文化大学
P8-8	Effects of Fast and Slow repetition Tempo During Bench Press on Muscle Oxygen Saturation in the Pectoralis Major	YE Yu-Yang	台湾中国文化大学
P8-9	Effects of load carriage downhill walking on proprioception in elderly before eccentric exercise	LIN Ming-Ju	嘉义大学
P8-10	Foul Patterns by Continent in the 2022 Qatar World Cup: Game Time and Field Zone Analysis	CHEN Jiaxuan	韩国汉阳大学

P8-11	Identification and Efficiency Evaluation of Basketball Tactical Decision Paths Based on Markov Chains	HE Guangsen	韩国汉阳大学
P8-12	Population-Specific Cadence Cut-Points for Moderate-to-Vigorous Physical Activity Intensity Classification in Obese Young Adults	LI Yung-Hao	新北市鹭江初中
P8-13	Protective Effect of a Single Eccentric Quasi-Isometric Preconditioning on Maximal Eccentric Damage of the Elbow Flexors	CHUNG Kenny-We n-Chen	台湾中国文化大学
P8-14	Relationship Between Muscle Viscoelastic Properties, Muscle Damage Markers, and Functional Performance Following a Single Eccentric Quasi-Isometric Exercise	LIN Yu-Hsien	台湾中国文化大学
P8-15	6 s 全力冲刺测试日间重测信度研究	孙晓昊	福建师范大学
P8-16	跑步疲劳对跑步经济性和下肢生物力学的影响研究	陆树艺	浙江大学
P8-17	数智赋能驱动竞技体育数据分析：关键技术与发展趋势探析	苏志锋	广东理工学院
P8-18	探究高校女大学生身体成分与运动能力之相关性研究	林冠威	嘉应学院
P8-19	探讨 1 分钟快速步态、800m 及热量消耗对不同体型女大学生之差异研究	胡丹丹	嘉应学院
P8-20	探讨 6 周阻力训练干预对普通男大学生身体形态、身体成分及运动能力之差异性研究	凌嘉慧	嘉应学院
P8-21	指尖轻触对人体不同姿势控制任务下平衡稳定性的影响：来自于脑电网络连接的证据	郭峰	沈阳体育学院

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (16:00-18:00)

地点: 振声苑南楼 3 层大厅 Zhenshengyuan South Building, 3rd Floor Lobby

墙报专题 9: 运动营养及中医药在运动中的应用 Poster Session 9: Application of Sports Nutrition and Chinese Medicine in Exercise -主持人: 张宪亮 副教授 聂金雷 副教授 -Moderator: Assoc. Prof. ZHANG Xianliang Assoc. Prof. NIE Jinlei			
编号 Number	内 容 Content	作者/单位 Author/Affiliation	
P9-1	Research on the Optimization Path of Combined Intervention of Nutrition and Traditional Chinese Medicine in Exercise Management of Obese Population	DING Jing	Shiehzi University
P9-2	Acute Ketone Acid Supplementation Combined with Sprint Interval Exercise Improves Executive Function but Impairs Anaerobic Performance in Overweight/Obese Females	LEE Jay	澳门大学
P9-3	Effect of Short-term Sprint interval Training on Physiological Health, Quality of Life and Mood States under a Low-carb Diet in Overweight Young Individuals	KONG Zhaowei	澳门大学
P9-4	Effects of Time-Restricted Eating and Exercise on Sleep and Mood in Middle-Aged Women with Overweight/Obesity: A Secondary Analysis of a Randomized Controlled Trial	DAI Zihan	香港中文大学
P9-5	Exercise and Low-Carbohydrate Diet for Lipid Profiles in Adults with Type 2 Diabetes Mellitus: A Systematic Review and Meta-analysis	HE Ye	香港中文大学
P9-6	高温高湿环境运动补剂研究进展: 从功效争议到安全规范	王可欣	吉林体育学院
P9-7	中医药在体育运动员营养支持体系中的效能分析	李涵	首都体育学院

会议日程 AGENDA 2025 年 9 月 20 日 September 20 (16:00-18:00)

地点: 振声苑南楼 1 层大厅 Zhenshengyuan South Building, 1st Floor Lobby

墙报专题 10: 分子与细胞运动生理学 Poster Session 10: Molecular and Cellular Exercise Physiology -主持人: 张宪亮 副教授 聂金雷 副教授 -Moderator: Assoc. Prof. ZHANG Xianliang Assoc. Prof. NIE Jinlei			
编号 Number	内 容 Content	作者/单位 Author/Affiliation	
P10-1	ALCAT1-mediated aerobic exercise improves cardiac function in HFpEF mice by suppressing neuroinflammation and oxidative stress in the paraventricular nucleus and nucleus tractus solitarius	ZHAO Yifang	陕西师范大学
P10-2	Downhill running regulates cardiac immune response through GCN2	BAI Xinyue	上海体育大学
P10-3	Effects of Resistance Training on Autonomic Nervous Regulation and Inflammatory Responses in Patients with Stable COPD	DU Weiping	宁夏师范大学
P10-4	Potential of Nine Insulin Resistance Surrogate Markers as Predictive Biomarkers for Sarcopenic Obesity: Cross-Sectional Evidence from the KFACS	LIU Jiao	韩国汉阳大学
P10-5	The effect of negative ion pretreatment on lipid peroxide elimination after a single endurance exercise	ShaPu-Lu Bi	南宁师范大学
P10-6	有氧运动介导肌因子 CTSB 抑制细胞自噬对 AD 的治疗作用	杨丹	湖南师范大学
P10-7	运动诱导鸢尾素对肌肉减少症的影响	纪启昌	韩国汉阳大学
P10-8	运动通过调节 TRP 通道改善心血管功能	黄智慧	北京体育大学

会议日程 AGENDA 2025 年 9 月 21 日 September 21 (8:30-12:00)

地点：图书馆报告厅 Library Lecture Hall

时 间 Time	内 容 Content	主持人 Moderator
大会特邀报告 Keynote Speech		
08:30-09:00	演讲嘉宾: Prof. XUE Fuzhong 演讲主题: A Trusted Health Big Data AI Agent Platform and Its Transformation Path	刘沅龙教授 Prof. LIU Yuanlong 林贵福教授 Prof. LIN Kuei-Fu
09:00-09:30	演讲嘉宾: Asst. Prof. POON Tsz-chun Eric 演讲主题: High-Intensity Interval Training and Cardiometabolic Health: From Evidence Synthesis to Real-World Practice	
09:30-10:00	茶歇、仪器展览 Coffee Break & Equipment Exhibition	
10:00-10:30	演讲嘉宾: Prof. YU Jie Jane 演讲主题: Move for Equity: Catalyzing Healthy Development Through Physical Activity Among Children and Adolescents	黄雅君教授 Prof. HUANG Yajun Wendy 张洪振副教授 Assoc. Prof. ZHANG Hongzhen
10:30-11:00	演讲嘉宾: Prof. WONG Heung-Sang Stephen 演讲主题: From Legacy to Leadership: Advancing Exercise Science and Fitness	
11:00-12:30	会员大会、论文颁奖、会议闭幕 AGM and Closing Ceremony	
12:30-13:30	午休 Lunch Break	
13:30-16:30	参观图书馆、博物馆、体育馆 Visit libraries, museums and gymnasiums	

演讲嘉宾及主持人简介 Introduction of Keynote Speakers and Moderators

演讲嘉宾 Keynote Speakers

Prof. Grant TOMKINSON



Grant TOMKINSON is a Professor of Human Movement and Exercise and Sports Science, and member of the Alliance for Research in Exercise, Nutrition and Activity (ARENA) at the University of South Australia.

Professor Tomkinson is interested in how people's physical fitness levels relate to their health. Physical fitness describes people's ability to perform physical activity, and it is important for good health and sporting success. He is particularly interested in whether people are more fit today than in the past. He was the first to show that kids' cardiorespiratory fitness levels have, in fact, declined worldwide since about 1975 and have been stable since 2000. His research has informed policy and guidelines nationally and internationally, including co-authoring the International Olympic Committee's consensus statement on Fitness and Health of Young People through Sport and Physical Activity. He is a Young Tall Poppy Science Award winner.

He is also an Associate Editor for the Journal of Exercise Science & Fitness, an Executive Committee member of Active Healthy Kids Australia, and the Oceania Representative on the Active Healthy Kids Global Alliance's Board of Directors.

<https://people.unisa.edu.au/grant.tomkinson>

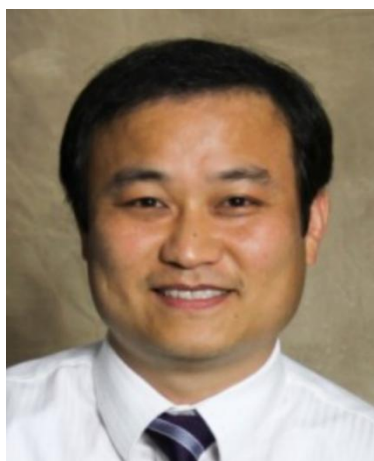
Dr. Ryan Stanley FALCK



Dr. Ryan Stanley FALCK is a research associate in the School of Biomedical Engineering at the University of British Columbia – Vancouver Campus. His research examines how physical activity, sedentary behaviour, and sleep impact the physical and cognitive health of older adults at risk for functional decline. He uses a combination of 1) innovative methodologies for observing physical activity, sedentary behaviour and sleep; 2) state-of-the-art structural and functional neuroimaging analyses for exploring the effects of these behaviours on brain health; and 3) novel analytic approaches (e.g., artificial intelligence and machine learning) for exploring how physical activity, sedentary behaviour, and sleep are related to healthy aging. He has authored 80+ papers and his H-index is 26 according to Google Scholar.

https://healthresearchbc.ca/award_researcher/ryan-falck/

Prof. KIM Jong-Hee



Prof. KIM Jong-Hee is a Professor and Division Chair of Sport Science in the Division of Sport Industry and Science at the College of Performing Arts and Sport, Hanyang University, Seoul, Republic of Korea. His research focuses on the mechanisms of muscle adaptation, aging, and exercise intervention, with particular emphasis on skeletal muscle function, oxidative stress, and the molecular regulation of contractile proteins. He employs advanced physiological and biomechanical techniques to investigate muscle weakness, atrophy, and recovery in various models, including aging, disuse, and muscular dystrophy. His work integrates single-muscle fiber analysis, therapeutic exercise models, and molecular biology to explore strategies for preserving muscle function and promoting healthy aging. He has published extensively in leading journals in the fields of physiology, gerontology, and muscle research, and maintains an active role in academic and professional societies related to sport science and muscle biology.

<https://copas.hanyang.ac.kr/front/introduce/professor-1/view?id=10>

Prof. HONG Jeong-Ki



Prof. HONG Jeong-Ki, a Sports Medicine Specialist with numerous publications and invited speeches on etiology and rehabilitation strategy for various musculoskeletal and neuromuscular problems among athletes, sedentary and aging population will share his recent research addressing the effective intervention strategies for muscle loss and gait dysfunction. He currently serves as the president of Korean Exercise Science Research Association and provides consulting services to various health and fitness organizations in South Korea.

<https://sports.cha.ac.kr/professor/%ED%99%8D%EC%A0%95%EA%B8%B0/>

Prof. XUE Fuzhong

Prof. XUE Fuzhong, Doctoral Supervisor, Dean of the Institute of Health Big Data, Shandong University, and Director of the Management and Research Center of Shandong Provincial Health Big Data Science and Technology Innovation Platform.

His main research areas include "Research on Theories and Methods of Health Big Data Analysis", "Research and Application of Theories and Methods in Health/Disease Risk Assessment and Life Course Epidemiology",



"Research and Application of Theories and Methods in Statistical Analysis of Omics Big Data and Systems Epidemiology", and "Causal Inference Methods in Observational Studies".

He has successively presided over or undertaken multiple projects such as the General Program of the National Natural Science Foundation of China, the "863" Program of the Ministry of Science and Technology, the National Science and Technology Support Program, International Cooperation Projects, Major Projects of the Ministry of Science and Technology, and Key R&D Projects of Shandong Province.

As the first author or corresponding author, he has published more than 180 papers at home and abroad, of which 90 have been included in SCI. He has won 3 provincial and ministerial awards and 1 national invention patent. As an associate editor, he has participated in compiling 4 planning textbooks for the Ministry of Health and the Ministry of Education.

Asst. Prof. POON Tsz-chun Eric



Dr. POON Tsz-chun Eric is an Assistant Professor at the Department of Sports Science and Physical Education at the Chinese University of Hong Kong (CUHK). He holds a B.Sc. (1st class) degree from the University of Hong Kong, as well as an M.Sc. and Ph.D. in Exercise Science from CUHK. With a specialization in High-Intensity Interval Training (HIIT), his research focuses on exploring the cardio-metabolic health benefits of HIIT among diverse populations. Beyond his academic pursuits, Professor Poon is an internationally accredited Certified Strength and Conditioning Specialist (NSCA-CSCS) and Exercise Physiologist (ACSM-EP). His enduring research vision is to bridge the gap between science and practice.

Prof. YU Jie Jane

Prof. YU Jie Jane is a ZJU100 Young Professor at Zhejiang University (ZJU). She received her PhD degree from The Chinese University of Hong Kong. Currently, she serves as the Associate Chair of the Department of Sports Science and as the Deputy Director of the Research Center for the Modernization Development of Sports at Zhejiang University. Dr Yu is also the Vice President of the Asian Society for Adapted Physical Education and Exercise (ASAPE). She has been awarded the "Young Professional Award" by the International Federation of



Adapted Physical Activity (IFAPA). Her research interests focus on physical activity and health promotion in children and adolescents, particularly those with special educational needs. She is the principal investigator of a national-level research project and has participated in a series of cutting-edge research projects supported by competitive external grants. Dr Yu has published extensively in top-tier international peer-reviewed journals in the field of sport sciences and rehabilitation, and she serves as a member of the editorial board for three international academic journals, such as the Journal of Exercise Science & Fitness.

**Prof. WONG Heung-Sang
Stephen**



Professor WONG H.S. Stephen is the Head of United College and the Chairperson of the Department of Sports Science & Physical Education at The Chinese University of Hong Kong (CUHK). He was recognised as the Vice-Chancellor's Outstanding Fellow at CUHK. Professor Wong's research focuses on the nutritional and metabolic aspects of exercise, as well as the impacts of physical activity and sedentary behaviour on children. He is a Fellow of both the American College of Sports Medicine (ACSM) and the Hong Kong Association of Sports Medicine & Sports Science, the Asian Representative of the Active Healthy Kids Global Alliance (AHKGA) Board, and the Co-leader of the Active Healthy Kids Hong Kong Report Card on Physical Activity for Children and Adolescents.

Professor Wong serves as the Editor-in-Chief of the Journal of Exercise Science & Fitness and the editorial board member of International Journal of Behavioral Nutrition and Physical Activity and International Journal of Sport Nutrition and Exercise Metabolism. Professor Wong has participated as a panel member in the University Grants Committee (UGC) Research Assessment Exercise for 2026, 2020, and 2014. He earned his bachelor's degree in education from The University of Liverpool and both his M.Sc. in Sports Science and Ph.D. in Exercise Physiology from Loughborough University, where he was the first Chinese scholar to achieve the latter as a Commonwealth Scholar.

Keynote Speaker 1: Prof. Grant TOMKINSON

Topic:

Are we more fit today than in the past?

Abstract

In this talk, Prof. Grant TOMKINSON from the University of South Australia, will try to try answer a burning question: Are we more fit today than in the past? He will start by defining physical fitness, how it is measured, and present compelling evidence for why physical fitness is important for good health. Then, relying largely on evidence from systematic reviews and meta-analyses, where he and his colleagues have pooled data from hundreds of studies and national datasets (including large datasets from Asia), he will describe how fitness levels among children and adults have changed in recent decades. He will finish by describing what may be causing these trends in physical fitness by exploring trends in two popular culprits: trends in fat mass and physical activity levels.

Keynote Speaker 2: Dr. Ryan Stanley FALCK

Topic:

The Around the Clock Terminology Consortium: An international consensus project to develop terminology for the 24-hour cycle of physical activity, sedentary behaviour, and sleep

Abstract

There is growing interest in the inter-relationships of physical activity, sedentary behavior, and sleep. These behaviours collectively occupy the 24-hr cycle and are associated with a number of different health outcomes. However, the terminology used to collectively refer to these behaviours is becoming increasingly unstandardized and confusing. While calls for a consensus in terminology to discuss the inter-relationship among these behaviours have been made, a consensus has still not been reached. Thus, we established the Around the Clock Terminology Consortium (ACT-C) – an internationally representative group of researchers and key interest-holder organizations to develop a consensus in terminology for the 24-hour cycle of physical activity, sedentary behaviour, and sleep. This presentation will discuss the values and process by which ACT-C was established, summarize our progress to date, and highlight our future plans and milestones.

Keynote Speaker 3: Prof. KIM Jong-Hee

Topic:

Exercise Regulation of Skeletal Muscle Cell Death Pathways Across Aging States and Development of a Translational Frailty Mouse Model for Biomarker Discovery

Abstract

Regulated cell death (RCD), including apoptosis, ferroptosis, and necroptosis, has emerged as a pivotal mechanism underlying age-related skeletal muscle dysfunction and increased vulnerability to disease. Exercise is a potent modulator of these pathways, yet its regulatory effects across heterogeneous aging-associated contexts—such as obesity, dietary restriction, and sex-specific differences—remain poorly understood. To address this gap, we investigate how structured

exercise paradigms modulate skeletal muscle RCD signaling across these diverse conditions, aiming to identify context-specific and convergent molecular nodes that inform personalized exercise prescriptions. In parallel, we develop and rigorously validate a multifactorial mouse model of frailty that integrates physiological, behavioral, and metabolic domains aligned with clinical diagnostic constructs. Using this model, we further identify candidate biomarkers of frailty and evaluate the preventive and therapeutic efficacy of exercise on frailty progression and skeletal muscle function. Collectively, this integrative approach is expected to delineate aging- and context-dependent RCD regulatory networks sensitive to exercise, establish a translationally relevant frailty mouse model for mechanistic discovery and preclinical testing, and generate biomarker-guided evidence to advance precision exercise medicine aimed at preventing or mitigating frailty and age-related morbidity.

Keynote Speaker 4: Prof. HONG Jung-Gi

Topic:

Force-Velocity Profiling using Electronic Performance Tracking System (EPTS) and Its Implication to Sports Performance Training

Abstract

One of the limitations and critiques often brought by sport coaches and field experts in assessing athletes' performance variables (e.g., sprinting, cutting, jumping, landing) in the laboratory setting is the lack of relevancy and similarity of the methodology for the tasks chosen to measure the level of performance variables in athletes. Limited space and the experimental set-up that athletes should wear and perform within are the factors that could render limitations in athletes' performance for the tasks. Relatively long hours needed for data acquisition is another limitation for conducting quality experiment due to the equipment and subject set-up. Recent development of EPTS appear to help solve these problems and limitations in the laboratory setting experiment. By wearing EPTS, researchers and coaches are able to measure and monitor athletes' motions and temporal variables more in relevant manner. The main theme of the presentation is to introduce how EPTS based force-velocity profiling is performed in the sport setting and to provide details of EPTS force-velocity profiling process and what it means to coaches, athletes, and sport science researchers.

Keynote Speaker 5: Prof. XUE Fuzhong

Topic:

A Trusted Health Big Data AI Agent Platform and Its Transformation Path

Abstract

This lecture outlines a profound strategic transformation in medical innovation and the health industry, aiming to shift the core driving force of medical innovation from "resource-dependent" to "intelligence-driven." It focuses on the top-level design and strategic layout of the "Trusted Health Big Data AI Agent Platform," which is centered on large AI models and intelligent agents. The lecture posits that high-quality data is a core strategic asset in the age of AI and highlights common challenges with raw medical data, such as being "multi-source, heterogeneous, high-noise, and sparse". To address these challenges, the lecture details three core modules:

Agentic_Cohort: This module is designed to create "AI-ready strategic data assets". It utilizes a three-in-one approach—integrating statistical, biological, and AI cohorts—to refine raw data "ore" into high-value "data assets". AigenMed: An automated and intelligent research operating system that aims to transform medical research from a "manual workshop" into an "intelligent factory", fundamentally disrupting traditional research pathways. Agentic_Biodesign: An integrated framework designed to bridge the "valley of death" in research translation, efficiently converting research findings into proactive health services and innovative industries that benefit the public. The lecture also advocates for the advanced concept of "model sharing, not data sharing", and uses a "three-point, four-party" win-win model to drive the transformation and application of research outcomes.

Keynote Speaker 6: Asst. Prof. POON Tsz-chun Eric

Topic:

High-Intensity Interval Training and Cardiometabolic Health: From Evidence Synthesis to Real-World Practice

Abstract

High-Intensity Interval Training (HIIT), characterized by short bursts of intense exercise followed by recovery periods, has surged in popularity over the past decade. Despite a growing number of original studies evaluating HIIT's efficacy, inconsistencies in findings and conclusions persist. Additionally, many individuals, including health and fitness professionals, lack the knowledge to effectively implement these time-efficient exercise protocols. This educational gap presents a critical opportunity to translate cutting-edge scientific insights into practical, accessible strategies to enhance population-level health and fitness.

In this keynote session, Dr. Eric Poon will present his recent evidence synthesis work on HIIT's efficacy across diverse groups, including children with and without special educational needs, individuals with overweight or obesity, and patients with type 2 diabetes mellitus. He will also discuss his ongoing implementation projects, offering practical insights on integrating HIIT to effectively promote physical activity and improve health outcomes across these populations.

Keynote Speaker 7: Prof. YU Jie Jane

Topic:

Move for Equity: Catalyzing Healthy Development Through Physical Activity Among Children and Adolescents

Abstract

This keynote presentation centers on the theme of "Move for Equity", integrating international authoritative guidelines with cutting-edge global research findings. Through a multidimensional perspective, it systematically examines how physical activity effectively narrows gaps in physical and mental health among children and adolescents with special educational needs (SEN), while elucidating its underlying mechanisms. Drawing on localized empirical data, the report proposes tailored physical activity intervention strategies for diverse subgroups, aiming to deliver a replicable Chinese model for advancing global child health equity. Simultaneously, it provides evidence-driven innovative strategies to inform policy optimization and educational practices.

Keynote Speaker 8: Prof. WONG Heung-Sang Stephen

Topic:

From Legacy to Leadership: Advancing Exercise Science and Fitness

Abstract

This keynote speech honors the SCSEPF's proud history and lasting impact, while outlining a clear and ambitious vision for the future. Over the years, our Society has achieved significant milestones in research, education, and professional development, building a strong foundation of innovation in exercise science and physical fitness. From our earliest meetings to influential contributions published in our official journal, our journey demonstrates that our greatest strength lies in blending tradition with adaptability. This balance has established us as leaders in advancing knowledge and promoting health and well-being for people of all backgrounds.

As we look forward, this keynote is a call to action by introducing new initiatives for the coming years, including for example expanding professional development, fostering collaboration and networking, and promoting public engagement. It will also spotlight several emerging areas shaping the future of exercise science and fitness, including the use of artificial intelligence and wearable devices, holistic movement practices, and environmental interactions.

会议主持人 Conference Moderators

Prof. FU Hoo Kin Frank

傅浩坚教授



Professor FU H.K. Frank was born in Hong Kong, graduated from St. Paul's College and received his BA from Dartmouth College in 1971 and his Master and Doctorate degrees from Springfield College in 1973 and 1975. He has served as the Associate Vice President and Chair Professor, Dean of the Faculty of Social Sciences, and the Director of Dr. Stephen Hui Research Centre for Physical Recreation and Wellness at Hong Kong Baptist University, Supervisor of the J.C. Ti-I College, Member of the Sports Commission and Chairman of the Elite Sports Committee and Hong Kong Coaching Committee and the President of the Society of Chinese Scholars on Exercise Physiology and Fitness. He is presently the Supervisor of the HKBU Affiliated School cum Wong KM Primary and Secondary Schools, and Chairman of Hong Kong Anti-Doping Committee. He was invited to join the Senior Professor Society of China in 2002 and was appointed Justice of Peace by the SAR Government of Hong Kong in 2004. In 2009, he was awarded the Medal of Honour and in 2021, the Bronze Bauhinia Star award by the SAR Government of Hong Kong.

Professor Fu has published over 100 journal articles and over 20 textbooks. He travelled extensively and given lecturers and presentations all over the world. Prior to joining Hong Kong Baptist University in 1992, he worked at the Ottawa YM-YWCA (1975-77), University of Ottawa (1977-78), Springfield College (1978-83), and the Chinese University of Hong Kong (1983-92). He is presently a Fellow of the American Academy of Kinesiology and Physical Education, the Research Consortium of the AAHPERD, the Hong Kong Recreation Management Association, the Hong Kong Association of Sports Medicine and Sports Science and Hong Kong Social Enterprises Research Academy. He was also awarded Professor Emeritus by HKBU.

傅浩坚教授，出生于香港，1968年毕业于香港圣保罗书院，1971年毕业于美国达特茅思大学获文学学士，1973年于美国春田大学获硕士学位及1975年获博士学位。在香港，傅教授曾任香港浸会大学协理副校长，讲座教授，社会科学学院院长，体育系主任及许士芬体康研究中心主任，香港赛马会体艺中学校监，香港体

育学院董事局成员，香港教练培训委员会主席，香港体育委员会成员及香港精英体育事务委员会主席，华人运动生理与体适能学者学会会长，是现任香港浸会大学附属学校王锦辉中小学校监，香港运动禁药委员会主席，并于2002年加入中国老教授协会，2004年获香港特区政府委任为太平绅士，2009年获颁授荣誉勋章及2022年获颁授铜紫荆星勋章。

在学术研究方面，曾发表论文逾百篇及二十余本书刊。并曾赴欧、美、拉丁美洲及亚洲等十多个国家进行学术报告，又多次被邀请为国际会议的主讲者。傅教授在1992加入香港浸会大学，他曾服务于加拿大渥太华基督教青年会(1975-77)，渥太华大学(1977-78)，春田大学(1978-83)和香港中文大学(1983-92)。现为美国体育及运动科学学院院士，美国体育康乐运动协会科研所院士，香港康乐管理协会院士，香港运动医学及科学学会院士，香港社会企业研究院院士及香港浸会大学荣休教授。

Prof. WANG Ronghui
王荣辉教授



WANG Ronghui, a Professor and Doctoral Supervisor, serves as Vice President at Beijing Sport University. Concurrently, he holds key leadership roles, including Deputy Director of the Standardization Work Committee of the China Sport Science Society, Deputy Director of the Textbook Construction and Publication Work Committee for Sports Majors within the same society, and Deputy Director of the Beijing School Physical Education Teaching Steering Committee.

His research focuses on exercise for health promotion and scientific athlete selection. A prolific scholar, he has led or participated in over 20 national and provincial-level research projects. His contributions have been recognized with prestigious awards, including the second prize of the Fok Ying Tung Education Foundation National Young College Teacher Award, the second prize of the 29th Olympic Games Scientific and Technological Contribution Award, and both first and second prizes of the Science and Technology Award from the China Sport Science Society.

王荣辉，教授、博士生导师，北京体育大学副校长。兼任中国体育科学学会标准化工作委员会副主任委员，中国体育科学学会体育专业教材建设与出版工作委员会副主任委员，北京学校体育教学指导委员会副主任委员。研究方向为运动促进健康、运动员选材研究，

主持和参与 20 多项国家级、省部级课题的研究，曾获霍英东教育基金全国高校青年教师奖二等奖，29 届奥运会科技攻关贡献奖二等奖，中国体育科学学会科学技术奖一等奖、二等奖。

Prof. ZHOU Jiaqiang
周加强副校长



ZHOU Jianqiang, Vice President and Researcher at the Qingdao Campus of Shan dong University.

周加强，山东大学青岛校区副校长，研究员。

Prof. HE Yuxiu
何玉秀教授



Dr. HE Yuxiu received her doctorate in Exercise Physiology from Beijing Sport University and is currently a Full Professor (Second-tier) and doctoral supervisor at Hebei Normal University, where she previously served as Dean of the College of Physical Education. She is recognized as a Distinguished Expert of Hebei Province. Dr. He has held several national academic and professional service roles, including Member of the National Steering Committee for Professional Master' s Programs in Physical Education, Member of the National Higher Education Committee on Physical Education, and Judge for the National Science and Technology Awards. She currently serves as a Standing Committee Member of the Exercise Physiology and Biochemistry Branch of the Chinese Association of Sports Science and as Vice President of the SCSEPF. Her primary research interests focus on exercise and the prevention and control of obesity-related diseases. She has led multiple research projects funded by the National Natural Science Foundation of China and provincial-level science and social science foundations.

To date, she has published more than 70 peer-reviewed papers in the field.

何玉秀，北京体育大学运动生理学博士，河北师范大学二级教授、博导、原体育学院院长，河北省突出贡献专家；曾任全国体育专硕教指委委员、全国高校体育教指委委员、国家科学技术奖评委，现任中国体育科学学会运动生理生化常委，SCSEPF 副会长。主要研究方向“运动与肥胖相关疾病控制”，主持多项国家级及省级自然科学基金项目，发表相关论文 70 余篇。

Assoc. Prof. KONG Zhaowei
孔兆伟副教授



Dr. KONG Zhaowei is Associate Professor at the University of Macau. His research focuses on comprehending the physiological responses and adaptations to exercise, investigating the effects of physical activity on health, and optimizing nutritional diets and exercise regimens.

At present, Dr. KONG has published more than 100 peer-reviewed articles, with a Google Scholar h-index of 31. Dr. Kong actively contributes to the academic community by holding the position of Vice President of the Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF), and by serving on the editorial boards of respected journals, including Applied Physiology, Nutrition, and Metabolism, and Journal of Exercise Science and Fitness.

<https://fed.um.edu.mo/zh-hant/zhaowei-kong/>

孔兆伟博士现任澳门大学副教授，研究方向为运动中的生理反应与适应、体力活动对健康的影响，以及优化营养膳食与运动方案。目前，已发表 100 余篇同行评审学术论文，在谷歌学术中的 h 被引指数为 31。孔博士积极投身学术服务，担任中国运动生理学与健身学者学会副主席一职，同时担任《应用生理学、营养与代谢》、《运动科学与健身期刊》等多种权威期刊的编委。

Prof. LIN Kuei-Fu
林贵福教授

Prof. LIN was graduated from the Department of Physical Education at Taiwan Normal University, majoring in Exercise Physiology. He has dedicated 32 years of teaching and research to sports and exercise, publishing over 100 papers and 58 books. Since 1990, He



has actively promoted fitness assessment and exercise guidance for all ages, helped establish the Taiwan Society of Exercise Physiology and Fitness, and participated in international professional organizations, striving to contribute to public health and active aging. Prof. Lin is currently an Emeritus Professor of Exercise Science at Tsing Hua University.

毕业于台湾师范大学体育学系。主修运动生理学，专注竞技运动与健身运动的教学与研究凡 32 年，发表百余篇论文及 58 册专书。自 1990 迄今，积极推广各年龄层体适能评估及运动指导，协助成立台湾运动生理暨体能学会，参与国际专业组织，期能为民众健康及活跃老化略尽绵薄之力。现任台湾清华大学运动科学系退休荣誉教授。

Prof. LIU Yuanlong
刘沅龙教授



Dr. LIU Yuanlong is currently a tenured professor in the Department of Human Movement Science and Health Education at Western Michigan University. He served as Editor-in-Chief of the Journal of Measurement in Sport and Exercise Science (MPEES) (2006-09). He is also the founding editor-in-chief of the International Journal of Sport and Health (2021-24), associate editor-in-chief of the Journal of Exercise Science and Fitness (JESF, 2014-), vice president of the International Society of Chinese Exercise Physiologists and Fitness Scholars, a SHAPE America Research Fellow, recipient of the R. Tait McKenzie Honor Award, the WMU2023 Outstanding Discovery Award, and an honorary award from the American Association of Physical Education and Researchers (AAPHERD) Measurement and Evaluation Council.

刘沅龙博士现在执教于西密西根大学人体运动科学及健康教育系，终身教授。国际华人运动生理与体适能学者学会副主席。运动科学与体适能杂志副主编 (JESF, 2014-), 国际体育运动与健康杂志创始主编 (2021-24), 美国体育与运动科学测量杂志(MPEES) 主编 (2006-09)。SHAPE America 研究院士, R. TAIT MCKENZIE 荣誉奖, WMU2023 杰出发现奖, 美国 AAPHERD 人体测量与评价委员会荣誉奖。

Assoc. Prof. SUN Fenghua
孙风华副教授



Dr. SUN Fenghua is currently an Associate Professor in the Department of Health and Physical Education at the Education University of Hong Kong. During the past years, he has published over 80 papers in different internationally peer-reviewed journals in the area of exercise physiology, sports nutrition, and exercise psychophysiology. His research focuses primarily on two broad areas, i.e., exercise metabolism, exercise nutrition and exercise performance; physical activity, exercise nutrition and health promotion. He was also a visiting scholar at Nottingham Trent University, United Kingdom. He is now fellow of the European College of Sports Science (ECSS) and the Associate Editor of Journal of Exercise Science and Fitness. He also serves as reviewer for several international journals in sports science subject.

孙风华博士目前是香港教育大学健康与体育学系副教授。在过去的几年里，孙风华博士一直从事运动生理学、运动营养学及运动生理心理学的教学及科研工作，曾经在此研究领域发表英文论文 80 余篇。他的研究兴趣主要包括运动营养、运动代谢及运动表现；体力活动、运动营养及健康促进等。孙风华博士目前是欧洲运动科学学会院士，曾经在英国诺丁汉特伦特大学等做过短期访问学者。他也是英文期刊 Journal of Exercise Science and Fitness 的副主编，同时也担任一些运动科学领域杂志的审稿人。

Prof. HUANG Yajun Wendy
黄雅君教授



Professor HUANG Yajun Wendy is a Professor at Department of Sports and Health Sciences, Faculty of Arts and Social Sciences and the Director of Dr. Stephen Hui Research Centre for Physical Recreation and Wellness, Hong Kong Baptist University. She was the awardee of the Research Grant Council Research Fellow Scheme (RFS) 2023/24.

Prof Huang's research interest centres on the comprehensive spectrum of 24-hour movement behaviours, encompassing physical activity, sedentary behaviour, and sleep, across various populations. She is particularly intrigued by the interplay between these time-use elements and how they collectively influence overall health and child development.

Prof Huang serves as the Associate Editor of the International Journal of Behavioral Nutrition and

Physical Activity and the managing editor of the Journal of Exercise Science & Fitness. She is a member of Grant Review Board of the Research Council, Health Bureau of the Hong Kong SAR Government since 2018. She is the co-leader of Active Healthy Kids Hong Kong Report Card on Physical Activity for Children and Adolescents, a member of Active Healthy Kids Global Alliance.

黄雅君教授为香港浸会大学运动及健康学系教授，许士芬博士康乐体育与健康研究中心主任，香港政府大学教育资助委员会“研资局研究学者”。研究方向为体力活动与健康，二十四小时行为模式干预等。担任 International Journal of Behavioral Nutrition and Physical Activity 副主编和 Journal of Exercise Science & Fitness 执行主编，及香港卫生局医疗卫生研究基金评审，香港健康活力儿童及青少年体力活动报告卡 (<http://activehealthykidshongkong.com.hk/en/index.asp>) 联席负责人。主持及参与多项香港研资局优配研究金，香港卫生局医疗卫生研究基金等课题。

Prof. MENG Sijin
孟思进教授



MENG Sijin, Ph.D., is a professor at the School of Sports Medicine, Wuhan Sports University, Wuhan, China. His main research areas include biomedical monitoring of sports training, sports intervention, and health promotion. Research has achieved results in the areas of exercise prescription for sub healthy individuals, exercise prescription for age-related muscle atrophy, exercise intervention for obese individuals, and cardiovascular exercise physiology and exercise prescription. Has received funding from the National Social Science Foundation and the National Natural Science Foundation of China. Obtained 5 national invention patents, published over 40 journal articles, and authored 4 monographs and textbooks. Serving as a member of Sports Physiology Professional Committee of the Chinese Physiological Society and director of the Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF).

孟思进，博士，武汉体育学院运动医学院教授，主要研究方向为运动训练生物医学监控，运动干预与健康促进。在亚健康人群运动处方、衰老性肌萎缩运动处方、肥胖人群运动干预以及心血管运动生理与运动处方等方面的研究取得了成果。曾获得国家社会科学基金、国家自然科学基金项目资助。获得国家发明专利 5 项，发表期刊

论文 40 多篇，专著、教材 4 部。兼任中国生理学会运动生理学专业委员会委员、华人运动生理与体适能学者学会理事等。

Assoc. Prof. NIE Jinlei
聂金雷副教授



Dr. NIE Jinlei is currently an associate professor in the Faculty of Health Sciences and Sports at Macao Polytechnic University. He also serves as an assistant editor for the European Journal of Sport Science and the Journal of Exercise Science & Fitness. His research focuses on exercise physiology, high-intensity interval training, and exercise-induced cardiac health.

聂金雷，现任澳门理工大学健康科学与体育学院副教授，兼任 European Journal of Sport Science 和 Journal of Exercise Science & Fitness 杂志助理编辑，主要从事运动生理学、高强度间歇训练及运动对心脏健康影响的研究。

Prof. TANG Changfa
汤长发教授



TANG Changfa is a Level-2 Professor, Doctor of Education, and Doctoral Supervisor at Hunan Normal University. He currently holds the following positions: Member of the National Postgraduate Teaching Guidance Committee for Master's Degree in Physical Education, Member of the Physical Education Teaching Guidance Committee of Institutions of Higher Education under the Ministry of Education, Member of the First National Primary and Secondary School Health Education Teaching Guidance Committee under the Ministry of Education, Chief Expert of the Hunan Provincial Research Base for Sports Public Services, Academic Leader of the First-level Discipline of Physical Education at Hunan Normal University, Member of the Committee on Education Science Culture Health and Sports of the Central Committee of the Chinese Peasants and Workers Democratic Party, Member of the 11th Hunan Provincial Committee of the Chinese People's Political Consultative Conference (CPPCC), Standing Committee Member of the 12th Hunan Provincial Committee of the CPPCC, Standing Committee Member of the 12th Hunan Provincial Committee of the Chinese

Peasants and Workers Democratic Party, Director of the Central and Southern China Region of the International Chinese Society for Sports and Health, Member of the International Society of Chinese Scholars in Physical Fitness and Exercise Physiology, Review Expert for National Major R&D Program Projects of the Ministry of Science and Technology, Leader of the National First-class Professional Construction Program for the Physical Education Major, Leader of the National First-class Course "Exercise Physiology", Chairman of the Hunan Branch of the National Physical Education Alliance, Trainer of the First Batch of Health Managers under the Ministry of Health, Vice Chairman of the Hunan Provincial Sports Federation, Talent of the "121 Project" in Hunan Province, Leader of the Hunan Provincial University Science and Technology Innovation Team for "Exercise and Physical Health Promotion", Vice Director and Secretary-General of the Physical Education Teaching Guidance Committee of Higher Education Institutions in Hunan Province, Vice Chairman of the Hunan Provincial Physiological Science Society and Director of the Exercise Physiology Branch, Vice Chairman of the Hunan Provincial Sports Science Society, Vice Chairman of the Hunan Provincial Health Service Association, and Vice President of the Hunan Provincial Disabled Sports Association.

Prof. Tang's research focuses on the following areas:

The scientific nature of the national physical fitness monitoring index system, The relationship between muscular fitness and national physical fitness, health, and aging, The mechanisms of skeletal muscle response and adaptation to exercise, Muscle fiber subtype transformation cell apoptosis & their underlying mechanisms, and Academic Achievements.

Prof. Tang has published more than 100 papers in journals indexed by SCI, CSSCI, and CSCD. He has presided over more than 20 national and provincial-level research projects, obtained 12 national patents and utility model patents, published 3 monographs and edited or co-edited 19 teaching materials. Additionally, he has won more than 10 provincial and ministerial-level awards for teaching and scientific research.

汤长发，湖南师范大学二级教授、教育学博士、博士

生导师。现任全国体育硕士专业学位研究生教学指导委员会委员、教育部高等学校体育教学指导委员会委员、教育部首届全国中小学健康教育指导委员会委员、湖南省体育公共服务研究基地首席专家、湖南师范大学体育学一级学科带头人，民革中央教科文卫体委员会委员、湖南省第十一届政协委员、第十二届省政协常委、第十二届民革湖南省委常委、国际华人体育健康学会中国中南区主委、国际华人体适能与运动生理学学者学会委员、科技部国家重大研发计划项目评审专家、国家一流专业建设点体育教育专业负责人、《运动生理学》国家级一流课程负责人、全国体育教育联盟湖南分联盟主席、卫生部首届健康管理师培训师、湖南省体育总会副主席、湖南省 121 工程人才、“运动与体质健康促进”湖南省高校科技创新团队负责人、湖南省高等学校体育教学指导委员会副主任兼秘书长、湖南省生理科学学会副理事长兼运动生理学分会主委、湖南省体育科学学会副理事长、湖南省健康服务协会副理事长、湖南省残疾人体育协会副会长。

研究工作集中于：国民体质监测指标体系的科学性；肌适能与国民体质、健康、衰老的关系；骨骼肌对运动反应与适应的机制；肌纤维亚型转化与细胞凋亡及其机制。

发表 SCI/CSSCI/CSCD 等论文 100 余篇；主持国家级、省部级课题 20 余项；获批国家专利/实用新型专利 12 项；出版专著 3 部，主编及参编教材 19 部；荣获省部级教学科研奖励十余项。

Prof. WEN Xu
温煦教授



Dr. WEN Xu, professor, doctoral supervisor, director of the Department of Public Sports and Arts at Zhejiang University, and deputy director of the Institute of Sports Science and Health Engineering at Zhejiang University. He received multiple national and provincial-level research projects such as the National Key Research and Development Program of China, National Social Science Fund of China, the Zhejiang Provincial Natural Science Foundation, and the research fund of General Administration of Sport of China. He also served as a decision-making consultant for the 14th Five Year Plan of the General Administration of Sport of China, an editorial board member for the Journal of Exercise Science and Fitness, a young editorial board member for China Sports Science and Technology, a specially appointed expert for the National Physical Fitness

Monitoring Center, a standing committee member of the Sports Nutrition Branch of the Chinese Nutrition Society, and the vice chairman of the Physical Fitness and Health Research Branch of the Zhejiang Sports Science Society. Prof. Wen Published over 50 papers in international and domestic academic journals and obtained 4 authorized patents.

温煦博士，教授、博士研究生导师、浙江大学公共体育与艺术部主任、浙江大学运动科学与健康工程研究所副所长。主持国家重点研发计划课题、国家社科基金、浙江省自然科学基金、国家体育总局等国家级和省部级项目多项。担任国家体育总局“十四五”决策咨询专家、SCI 期刊 Journal of Exercise Science and Fitness 杂志编委、《中国体育科技》青年编委、国家国民体质监测中心特聘专家、中国营养学会运动营养分会常委、浙江省体育科学学会体质与健康研究分会副主任委员等兼职，在国际和国内学术期刊发表论文 50 余篇，获得授权专利 4 项。

Prof. XU Yuming
徐玉明教授



Professor XU Yuming is currently a Doctoral Supervisor at Hangzhou Normal University, and also serves as Director of the National Virtual Simulation Experimental Teaching Center for Scientific Fitness and Sports Skills. Professor Xu has presided over one General Program of the National Natural Science Foundation project. He has published more than 50 journal papers. Professor Xu actively serves in various roles, including former President of the Professional Committee of Physical Fitness Research of the Chinese Association for Physiological Sciences and Council member of the Society of Chinese Scholars of Exercise Physiology and Fitness.

Research Interests: Skeletal muscle function, Physical fitness and exercise health management, Intelligent sports product development

<https://ty.hznu.edu.cn/c/2018-04-30/815994.shtml>

徐玉明教授，现任杭州师范大学博导，并担任科学健身与运动技能国家级虚拟仿真实验教学中心主任；主持国家自然科学基金面上项目 1 项，发表期刊论文 50 余篇；积极投身学术服务工作，曾任中国生理学会体适能研究专业委员会主任委员，现任华人运动生理与体适能学者学会理事。

研究方向: 骨骼肌机能、体适能与运动健康管理、智能体育产品研发

<https://ty.hznu.edu.cn/c/2018-04-30/815994.shtml>

Assoc. Prof. ZHANG Hongzhen
张洪振副教授



ZHANG Hongzhen, Associate Professor, Ph.D., Master's Supervisor, and currently the Vice Dean of the School of Physical Education at Shandong University. He graduated from Beijing Sport University and was a visiting scholar at German Sport University Cologne. His primary research areas include sports education, training, and health management. He has led 12 provincial and ministerial research projects, published 3 monographs, and authored over 30 academic papers in core domestic and international journals.

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张洪振, 副教授, 博士, 硕士研究生导师, 现任山东大学体育学院副院长。毕业于北京体育大学, 德国科隆体育大学访问学者。主要研究方向体育教育训练与健康管理。主持省部级科研项目 12 项, 出版专著 3 部, 在国内外核心期刊发表学术论文 30 余篇。

社会兼职: 现任青岛高校体育协会副会长, 全国新文科教育研究中心研究员, 中国垒球协会理事, 欧洲教育联盟理事, 华人运动生理与体适能学者学会理事。

Prof. ZHANG Yong
张勇教授



ZHANG Yong, Ph.D. in Exercise Physiology, Professor. He is Director of the Key Laboratory of Exercise Physiology and Sports Medicine in Tianjin, and former Vice President of Tianjin University of Sport. His research focus on Cellular and Molecular Exercise Physiology, and Research interests are: 1) Exercise-induced oxidative stress and mitochondrial biology; 2) Mitochondrial homeostasis regulation and integrative exercise physiology. He has been funded by the National Natural Science Foundation of China for 11 projects and has published over 100 papers in peer-reviewed journals.

张勇，运动生理学博士，教授。天津市运动生理学与运动医学重点实验室主任，天津体育学院原副院长。中国体育科学学会理事、运动生理与生物化学分会副主任委员；华人运动生理与体适能学者学会理事。主要研究方向：细胞与分子运动生理学。研究领域：1、运动氧化应激与线粒体生物学；2、线粒体稳态调控与整合运动生理学。研究曾获得 11 项中国国家自然科学基金资助，在重要学术期刊发表论文 100 余篇。

Prof. LIN Chia-Chih
林嘉志教授



Dr. LIN Chia-Chih is currently a professor at the Department of Physical Education and Kinesiology in Dong Hwa University, Taiwan. Dr. Chia-Chih Lin obtained his Ph.D. in Exercise Physiology Division of Department of Physical Education in Taiwan Normal University, Taiwan (1996-1999). Prior to that, he has been trained well in MS degree of life science field in Tsing Hwa University (1991-1993) and BS degree of medical technology field in Chung Shan Medical College (1987-1991). In the early stage, he devoted a lot of time in lab work to investigate the regulatory role of nitric oxide and oxidative stress in response to acute and chronic exercise. In the meanwhile, he started to transfer his study interest to translational science from fundamental science. In order to extensively understand the trends in fitness, sports and clinical field, he has passed 60 certifications/certificate examinations so far, including the highest level of ACSM-RCEP and NSCA-CPSS*D. He also served as chief lecturer and main examiner to train primary and advanced physical fitness instructors for Sports Administration, Ministry of Education, Taiwan since 2013. He was awarded a fellowship from the American College of Sports Medicine (ACSM) in 2022 and is the current president of the Taiwan Society of Exercise Physiology and Fitness (TSEPF) (2024-present) and Deputy CEO of Institute of Sports Science (2025-present). He excels in sports such as badminton, sprinting, and orienteering, while strength and conditioning training are part of his daily routine. His good habits in sports come from the influence of his parents, which also instilled a lifelong habit of exercise in all three children.

林嘉智博士现任台湾东华大学运动与运动机能学系教授。林嘉智博士于 1996 年获台湾师范大学体育系运动生理学博士学位（1999 年）。此前，他于 1991 年获台湾

清华大学生命科学硕士学位（1993 年），并于 1987 年获中山医学院医学技术学士学位（1991 年）。早期，他投入大量时间在实验室工作，研究一氧化氮和氧化应激在急性和慢性运动反应中的调节作用。与此同时，他开始将研究兴趣从基础科学转向转化科学。为了广泛了解体适能、运动及临床领域的趋势，他迄今已通过 60 项认证/证书考试，包括最高级别的 ACSM-RCEP 和 NSCA-CPSS*D。他还自 2013 年起担任台湾体育局培训初级和高级体适能教练的主讲师和主考官。他于 2022 年获得美国运动医学院（ACSM）的奖学金，现任台湾运动生理学与体适能学会（TSEPF）理事长（2024 年至今）和台湾体育科学研究所副执行长（2025 年至今）。他擅长羽毛球、短跑和定向越野等运动，而力量和体能训练也是他日常生活的一部分。他的良好运动习惯来自父母的影响，这也使三个孩子养成了终身运动的习惯。

Prof. QIU Junqiang
邱俊强教授



Dr. QIU Junqiang is a Registered Dietitian, and professor of exercise biochemistry in Beijing Sport University. She has collaborated extensively with Olympic athletes for many years. Her research areas include sports nutrition for optimal athletic performance and health, physiological and biochemical monitoring of training load. In the past decade, her research interests have focused on physical activity, nutrition and health promotion, and development of sports nutritional products. She has published more than 100 papers. For her contributions, she has received many awards from the Ministry of Science and Technology and the General Administration of Sport of China. She was appointed as the Chief Expert in Sports Nutrition by Chinese Nutrition Society in 2023.

邱俊强，北京体育大学教授，博士生导师。研究领域为运动营养与运动表现、运动促进健康等。曾长期从事备战奥运会科研攻关与服务工作，主持完成国家重点研发专项，牵头研制并发布《中国人群身体活动能量消耗参考标准》。发表论文百余篇，荣获国家科技进步二等奖等多项奖励，2023 年获评中国营养学界运动营养方向首席专家。

Prof. WANG Lin
王琳教授

Dr. WANG Lin is a Professor of Shanghai University of Sport. He is Associate Dean, School of Exercise and Health, Shanghai University of Sport, and Hospital Director, Shanghai Shangti Orthopaedic Hospital Currently. Dr. Lin Wang is a well-established researcher in the field of sports



rehabilitation, fitness and health promotion. Dr. Wang has secured more than 10 grants as a Principal Investigator from the National Natural Science Foundation of China, the Shanghai Committee of Science and Technology, and other sources. He has published over 100 research articles, including more than 70 as first or corresponding author in SCI/SSCI journals. His research has been cited over 2500 times, with an h-index of 31 and an i10-index of 58. Dr. Wang is also an active member of the academic community, serving as an associate editor for Research in Sport Medicine and Journal of Exercise Science and Fitness, as well as a reviewer for more than 30 peer-reviewed journals.

王琳，上海体育大学运动健康学院教授、博士生导师，现任上海体育大学运动健康学院副院长兼上体伤骨科医院院长。主要研究方向是运动与健康促进、运动康复。先后作为负责人主持国家自然科学基金面上项目、国家社会科学基金一般项目等课题十余项，发表高水平期刊论文近百篇，其中以第一作者和通讯作者发表 SCI 期刊文章 70 余篇，其中 12 篇中科院二区及以上，累积影响因子 213，被引超过 2500 次，H-index=31。是 30 余本国际体育学、康复医学领域 SCI 期刊的论文审稿人。

Prof. WU Huey-June
吴慧君教授



WU Huey-June, Ph.D., is a Professor and Director of the Graduate Institute of Sports Coaching Science at the Department of Physical Education, Chinese Culture University, Taiwan. She previously served as President of the Taiwan Society of Exercise Physiology and Fitness and currently serves as a committee member for several sports organizations in Taiwan. Her recent research focuses on athlete performance monitoring, training load quantification, and muscle oxygen saturation, with findings published in international journals such as the Journal of Sports Science and Medicine and PeerJ. In 2023, she received the Sport Science Research Award from the Sports Administration, Ministry of Education, Taiwan, and is recognized as a leading scholar in the field of sports science in Taiwan.

吴慧君博士，现任台湾中国文化大学体育学系运动教练研究所教授兼所长，曾任台湾运动生理暨体能学会理事长，目前亦担任台湾多项体育运动组织委员。近年研究着重于运动表现监测、训练负荷量化及肌肉氧饱和度等，研究结果亦发表于 Journal of Sports Science and

Medicine 与 PeerJ 等国际期刊。2023 年获台湾运动科学研究奖，为台湾运动科学领域重要学者之一。

Prof. ZHAO Yanan
赵亚楠教授



Dr. ZHAO Yanan, Professor at the School of Sports Science, Nanjing Normal University, and a high-level talent under Jiangsu Province's "333 Project", mainly engages in research related to exercise and health promotion, physical fitness health measurement and evaluation, as well as exercise-based prevention and treatment of chronic diseases. Dr. Zhao has presided over a number of national and provincial-level projects, including the National Natural Science Foundation of China, the Humanities and Social Sciences Fund of the Ministry of Education, etc. As the first author or corresponding author, Dr. Zhao has published more than 30 academic papers in Chinese and English core journals, authored 3 monographs, and won the Excellent Achievement Award in Philosophy and Social Sciences of Jiangsu Province.

赵亚楠博士，南京师范大学体育科学学院教授、江苏省“333 工程”高层次人才，主要从事运动与健康促进、体质健康测量与评价、慢性病运动防治相关研究。主持国家自然科学基金，教育部人文社科基金等多项国家级、省部级课题，以第一/通讯作者身份发表中英文学术期刊论文 30 余篇，出版专著 3 本，获江苏省哲学社会科学优秀成果奖。

Prof. WANG Xianliang
王先亮教授



WANG Xianliang, Ph.D., Professor, Doctoral Supervisor, is currently Vice Dean of the School of Physical Education, Shandong University, and Taishan Scholar Young Expert. He is appointed as National Science and Technology Expert, National Graduate Education Evaluation and Monitoring Expert, Deputy Director of the National Engineering Technology Research Center for Sports Goods, Science and Technology Expert of the Shandong Provincial Department of Industry and Information Technology, Enterprise Science and Technology Commissioner of Shandong Province, and Council Member of the World Association of Chinese Sports Management.

王先亮，博士、教授、博士生导师，现任山东大学体育学院副院长、泰山学者青年专家，受聘为国家科技专家、全国研究生教育评估监测专家、国家体育用品工程技术中心副主任、山东省工信厅科技专家、山东省企业科技

特派员、世界华人体育管理协会理事。

Assoc. Prof. HE Qiang
贺强副教授



Dr. HE Qiang currently serves as an associate professor at the School of Physical Education, Shandong University. He received his Ph.D. in Kinesiology from East China Normal University. He further broadened his international perspective and enhanced his academic expertise by serving as a visiting scholar at the University of Cambridge in the UK. Subsequently, he continued his pursuit of academic excellence as a visiting scholar at Shanghai University of Sport. Professor He is a committee member of the Sports Nutrition Professional Committee of the Shandong Nutrition Society and a committee member of the Physical Fitness and Health Branch of the Shandong Sports Science Society. With a long-standing dedication to the field of sports and exercise science, his research interests span a wide range of areas, encompassing the exploration of physiological mechanisms underlying exercise-induced health promotion, the formulation of lifestyle intervention and health promotion strategies, the optimization of sports nutrition and weight management. He focuses on the impact of physical activity and sedentary behavior on the health status of specific groups such as children and the elderly, and has conducted in-depth, multidimensional research on this topic. To date, he has published over 40 high level academic papers, offering numerous insightful contributions to the academic community. He participated in several national projects funded by the National Natural Science Foundation and the National Social Science Foundation and presiding over a series of research projects such as the Shandong Provincial Social Science Planning Fund Project, injecting vitality into the flourishing development of the field of sports and exercise science. Furthermore, Professor He actively contributes to the peer review process for academic journals, serving as a reviewer for several prestigious domestic and international publications, including the Chinese Journal of Sports Medicine, BMC Public Health, and BMC Geriatrics, thereby playing a vital role in promoting academic exchange and knowledge dissemination.

贺强博士目前担任山东大学体育学院副教授一职，贺教授拥有华东师范大学运动人体科学博士学位，他还曾远赴英国剑桥大学担任访问学者，进一步拓宽了国际视野，

提升了学术造诣，之后，他又赴上海体育大学开展访问学者工作，持续精进。贺教授还兼任山东省营养学会运动营养专委会委员、山东体育科学学会体质健康分会委员等重要学术职务。他长期深耕于运动人体科学领域，研究兴趣广泛，涉及运动促进健康的生理机制探索、生活方式干预与健康促进策略的制定、运动营养与体重管理的优化等多个维度。他特别关注体力活动与久坐行为对儿童、老年人等特定群体健康状况的深远影响，并围绕此主题开展了多维度、深层次的深入研究，迄今为止，他已先后发表高水平学术论文等 40 余篇，为学术界贡献了诸多真知灼见。他参与了国家自然科学基金、国家社科基金等多项国家级课题，主持山东省社会科学规划基金项目等一系列课题研究，为运动人体科学领域的蓬勃发展注入了活力。此外，贺教授还积极投身于学术期刊的评审工作，担任《中国运动医学杂志》、《BMC Public Health》、《BMC Geriatrics》等多本国内外享有盛誉的学术期刊的同行评审专家，为推动学术交流与知识传播贡献着自己的力量。

Assoc. Prof. ZHANG Xianliang
张宪亮副教授



Professor ZHANG Xianliang is a Doctoral Supervisor, the assistant of Dean, and Director of the Laboratory at the School of Physical Education, Shandong University. He is also a recipient of the Shandong University Young Scholars Future Program award, and the instructor of recipient of Shandong Province Outstanding Master's Thesis award, Shandong Province Graduate Innovation Achievement Award and Shandong University 13th "May Fourth" Youth Science Award. The course he participated in designing, "Sports and Health," has been selected as one of the first National Online Demonstration Course for both Engineering and Sports Professional Degree Postgraduates. He also serves as Deputy Director of the Shandong Provincial Key Laboratory for Cultural Industries Kinetic Energy Conversion and Ecosystem (Shandong University), Vice Chair of the Sports Physiology and Biochemistry Committee of the Shandong Sports Science Society, and holds positions as Secretary and Organization Committee Member of the Sports Anatomy Society within the Chinese Society for Anatomy. Professor Zhang's research focuses on the physiological and biochemical mechanisms of exercise in delaying cognitive impairment, the integration of sports and medical services for promoting health in the elderly, and physical activity epidemiology. Over the past five years, he has led or participated in over 20 national,

provincial-level research projects. His scholarly output includes more than 30 high-impact papers published in SCI, SSCI, and CSSCI-indexed journals.

张宪亮副教授是山东大学体育学院博士生导师，院长助理，实验室主任，入选山东大学青年学者未来计划，荣获山东省优秀硕士学位论文指导教师，山东省研究生创新成果奖指导教师，山东大学第十三届学生“五四”青年科学奖指导教师等荣誉。参编的《运动与健康》课程入选全国首批工程类专业学位研究生在线示范课程、全国首批体育类专业学位研究生在线示范课程等。担任“文化产业动能转换与生态系统（山东大学）”山东省文化科技重点实验室副主任，山东体育科学学会运动生理生化分会副主任委员，中国解剖学会运动解剖学会秘书、组织委员。长期从事运动延缓认知障碍的生理生化机制、体医融合与老年健康促进、身体活动流行病学等领域研究，近5年承担、参与国家级、省部级等各类课题20余项，累计发表SCI、SSCI、CSSCI等高水平论文30余篇。

Asst. Prof. JIAO Jiao
焦姣助理教授



Dr. JIAO Jiao is currently an Assistant Professor in the Department of Sports and Health Sciences, Academy of Wellness and Human Development, at Hong Kong Baptist University (HKBU). She obtained her Ph.D. at The Hong Kong Polytechnic University, M.Sc. at The Chinese University of Hong Kong and bachelor's degree from Shanghai University of Sport. Her research focuses on exercise science, healthy promotion for older adults, and the development and performance testing of sportswear and wearable devices. During the recent ten years, Prof. Jiao has led or participated in over 20 research projects funded by organizations such as The Hong Kong Jockey Club Charities, Research Grants Council HKSAR Government and some companies from industry, with total funding exceeding HKD 20 million. She has published more than 40 SCI/SSCI journal articles and holds two U.S. patents and three Chinese patents. She is also a part-time lecturer and examiner in the Certificate of Fitness Instruction course at the School of Continuing Education of HKBU, and serves as a member of the Society of Chinese Scholars on Exercise Physiology and Fitness, a Certified Instructor, Research & Publication Committee Member, in Hong Kong Physical Fitness Association (HKPFA).

焦姣博士，现任职于香港浸会大学健康及人类发展学部、

运动及健康科学系助理教授。她分别于上海体育大学、香港中文大学及香港理工大学获得学士、硕士及博士学位。她长期从事运动人体科学、老年人运动干预与健康促进、以及运动服装与装置的研发等相关研究。近十年，焦博士主持或参与超过 20 项由香港赛马会、香港研究资助局等机构或业界公司资助的科研项目，总经费超过 2,000 万港元。她已发表超过 40 篇 SCI/SSCI 学术论文，拥有 2 项美国专利及 3 项中国专利。她现为香港浸会大学持续教育学院体适能指导证书课程兼职讲师及考官，并担任香港华人运动生理学及体适能学者学会会员、香港体适能总会认证导师、研究及出版委员会委员。

Asst. Prof. ZHENG Chen
郑晨助理教授



ZHENG Chen, Assistant Professor in the Department of Health and Physical Education at The Education University of Hong Kong (EdUHK) and serves as the Programme leader of the Master of Social Sciences in Sports Coaching and Management. Her research focuses on exercise physiology, obesity, aging, and cardio-metabolic health. She currently holds the position of Associate Editor for the Journal of Exercise Science & Fitness. Dr. Zheng has served as the Principal Investigator for several competitive research grants, including the Early Career Scheme, the Health and Medical Research Fund, and the EdUHK internal grants. She has published over 30 papers in peer-reviewed journals.

郑晨，香港教育大学体育与健康学系助理教授。运动教练及管理社会科学硕士课程主任。主要研究方向为运动生理学、肥胖、老化与心血管代谢健康。现任《Journal of Exercise Science & Fitness》副主编。主持“香港研究资助局杰出青年学者计划”，“香港食物及卫生署医疗卫生研究基金”以及多项校级科研项目。相关研究成果在国内外杂志发表论文 30 余篇。