

# 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

## 第二轮通知（截稿日期延期至 8 月 10 日）

### The Second Announcement (Deadline for submission has been extended to August 10<sup>th</sup>, 2025)

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 22<sup>nd</sup> 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.

### 会议议程及安排

#### Conference Agenda and Arrangement

#### 1. 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和合作。

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

#### 2. 主办及承办 (Host and Organizer)

- 主办：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：山东大学体育学院

Organizer: School of Physical Education, Shandong University

#### 3. 会议时间地点 (Time and Location)

- 时间：2025 年 9 月 19（周五）~21 日（周日）

19<sup>th</sup> September (Friday) – 21<sup>st</sup> September (Sunday), 2025

- 地点：中国，青岛，山东大学

Shandong University, Qingdao, China

#### 4. 会议组织委员会 (Organizing Committee)

- 顾问 (Consultant)

傅浩坚教授(香港浸会大学)(Prof. Fu Hoo-Kin Frank, Hong Kong Baptist University, Hong Kong, China)

林正常教授(中国文化大学)(Prof. Lin Jung-Charng, Chinese Culture University, Taipei, China)

杨天乐教授(国家体育总局运动医学研究所)(Prof. Yang Tianle, China Institute of Sports Medicine, Beijing, China)

#### ■ 主席 (Chairman)

王香生教授(香港中文大学)(Prof. Wong Heung-Sang Stephen, Chinese University of Hong Kong, Hong Kong, China)

周加强研究员(山东大学)(Research Fellow. Zhou Jiaqiang, Shandong University, Qingdao, Shandong, China)

#### ■ 组委会主席 (Deputy Chairman) :

孙晋海教授(山东大学体育学院)(Prof. Sun Jinhai, School of Physical Education, Shandong University, Jinan, Shandong, China)

#### ■ 执行副主席 (Executive Vice-Chairman)

王先亮教授(山东大学体育学院)(Prof. Wang Xianliang, School of Physical Education, Shandong University, Jinan, Shandong, China)

张洪振副教授(山东大学体育学院)(Assoc. Prof. Zhang Hongzhen, School of Physical Education, Shandong University, Shandong, 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)

#### ■ 委员 (Members)

刘沅龙教授 美国西密歇根大学

Prof. Liu Yuanlong, Western Michigan University, USA

林贵福教授 台湾清华大学

Prof. Lin Kuei-Fu, Tsing Hua University, Hsinchu, China

何玉秀教授 河北师范大学

Prof. He Yuxiu, Hebei Normal University, Shijiazhuang, China

孔兆伟副教授 澳门大学

Assoc. Prof. Kong Zhaowei, University of Macau, Macau, China

焦姣研究助理教授 香港浸会大学

Research Assist. Prof. Jiao Jiao, Hong Kong Baptist University, Hong Kong, China

田磊书记 山东大学体育学院

Tian Lei, Party Secretary of the School of Physical Education, Shandong University, Jinan, Shandong, China

卢士涌副书记 山东大学体育学院

Lu Shiyong, Deputy Party Secretary of the School of Physical Education, Shandong University, Jinan, Shandong, China

高岩教授 山东大学体育学院

Prof. Gao Yan, School of Physical Education, Shandong University, Jinan, Shandong, China

战文腾副教授 山东大学体育学院

Assoc. Prof. Zhan Wenteng, School of Physical Education, Shandong University, Weihai, Shandong, China

张宪亮副教授 山东大学体育学院

Assoc. Prof. Zhang Xianliang, School of Physical Education, Shandong University, Qingdao, Shandong, China

李拓键副教授 山东大学体育学院

Assoc. Prof. Li Tuojian, School of Physical Education, Shandong University, Qingdao, Shandong, China

## 5. 会议科学委员会 (Scientific Committee)

### ■ 荣誉主席 (Honourary Chairman)

傅浩坚教授 香港浸会大学

Prof. Fu Hoo-Kin Frank, Hong Kong Baptist University, Hong Kong, China

杨天乐教授 中国运动医学研究所

Prof. Yang Tianle, China Institute of Sports Medicine, Beijing, China

林正常教授 台湾中国文化大学

Prof. Lin Jung-Charn, Chinese Culture University, Taipei, China

### ■ 主席 (Chairman)

王香生教授 香港中文大学

Prof. Wong Heung-Sang Stephen, Chinese University of Hong Kong, Hong Kong, China

### ■ 副主席 (Vice Chairman)

刘沅龙教授 美国西密歇根大学

Prof. Liu Yuanlong, Western Michigan University, USA

林贵福教授 台湾清华大学

Prof. Lin Kuei-Fu, Tsing Hua University, Hsinchu, China

何玉秀教授 河北师范大学

Prof. He Yuxiu, Hebei Normal University, Shijiazhuang, China

孔兆伟副教授 澳门大学

Assoc. Prof. Kong Zhaowei, University of Macau, Macau, China

### ■ 委员 (Members) :

张 勇教授 天津体育学院

Prof. Zhang Yong, Tianjin University of Sport, Tianjin, China

周 石教授 澳大利亚南十字星大学

Prof. Zhou Shi, Southern Cross University, Australia

汤长发教授 湖南师范大学

Prof. Tang Changfa, Hunan Normal University, Changsha, China

张日辉教授 沈阳体育学院

Prof. Zhang Rihui, Shenyang Sport University, Shenyang, China

田振军教授 陕西师范大学

Prof. Tian Zhenjun, Shaanxi Normal University, Tianjin, China

章 岚教授 山东体育学院

Prof. Zhang Lan, Shandong Sport University, Jinan, China

李再立教授 台湾体育大学

Prof. Li Tzai-Li, Taiwan Sports University, Taipei, China

郑景峰教授 台湾师范大学

Prof. Cheng Ching-Feng, Taiwan Normal University, Taipei, China

林信甫教授 台湾大学

Prof. Lin Hsin-Fu, Taiwan University, Taipei, China

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

黄雅君副教授 香港浸会大学

Assoc. 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

## 6. 会议主题 (Theme)

### ■ 大会主题：数智赋能运动健身与竞技体育 (Digital Intelligence Empowers Physical Fitness and Competitive Sports)

涉及到以下专题：

#### ■ 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 Disciplinary Research)

## 7. 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.

## 8. 参加人员和规模 (Participants)

### ■ 华人运动生理及体适能学者学会会员以及对运动生理与体适能领域研究有兴趣之教师、科研人员、教练员、健身行业管理和专业人员及社会人士。特别欢迎研究生等广大青年学者参加。预计 200-300 人。

The participants include SCSEPF members, academic staff, researchers, coaches, managers, and practitioners in fitness industry who are committed to advancing research in the domain of exercise physiology and physical fitness. The postgraduate students and young scholars are especially welcome to join the conference. The forthcoming conference is anticipated to attract 200 to 300 participants.

## 9. 投稿须知 (Notice)

### ■ 提交论文摘要截止日期：2025 年 8 月 10 日

Deadline for abstract submission: **August 10<sup>th</sup>, 2025**

### ■ 会议设审查制度：由学者专家进行评审，欢迎惠赐原创性论文 (original paper) 摘要。

The conference has established a peer review system whereby scholars and experts conduct evaluations. Abstracts of original studies are especially welcomed for submission.

- 为确保参会者的平等机会，并促进会议多样化主题的展示，每位参会者作为第一作者，限投一篇摘要。

To ensure equal opportunities for participants and to promote the presentation of diverse topics at the conference, each participant is limited to submitting one abstract as the first author.

- 论文摘要：请以 Microsoft Word 格式打印，可用中文或英文撰写。含必要的图表在内，中文摘要以 500 字为限（宋体，小五号），英文摘要以 400 字为限（Times New Roman, 11 Fonts）。

论文摘要请以电子邮件，寄至：[scsepf2025@sdu.edu.cn](mailto:scsepf2025@sdu.edu.cn)

Abstracts can be written either in English or Chinese, and should be submitted in Microsoft Word format. The English abstract should not exceed 400 words in Times New Roman (11-font size), whereas the Chinese abstract should not exceed 500 words in a Song font (small size 5). Tables and figures, if necessary, should be included in the abstract.

Please submit the abstract to E-mail: [scsepf2025@sdu.edu.cn](mailto:scsepf2025@sdu.edu.cn).

- 录用通知：所有摘要须经评审，将在 2025 年 8 月 30 日前通知录用与否。申请参加者请注明您的摘要是口头报告还是墙报交流。

All submitted abstracts will undergo a rigorous peer review prior to acceptance. You will receive a notification regarding acceptance or rejection by 30<sup>th</sup> August, 2025. Kindly specify whether your abstract is intended for an oral presentation or a poster presentation.

- 所有大会录用的摘要将在《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论文摘要集》发表。优秀之论文可提交学会的国际学术期刊 *Journal of Exercise Science and Fitness* 发表。

All accepted abstracts will be presented in the 22<sup>nd</sup> SCSEPF Annual Academic Conference and the outstanding papers may be considered for publication in the Society's official journal, the *Journal of Exercise Science and Fitness* (<https://www.journals.elsevier.com/journal-of-exercise-science-and-fitness>)

- 本次大会的通用语言为英语和汉语，鼓励与会者提交英文摘要。

The primary languages of the conference include both English and Chinese. To encourage the use of English, priority will be given to those abstracts in English when other conditions are equivalent.

## 10. 会议奖励 (Award)

- 会议设学术论文奖励：大会优秀论文一等奖（10%以内）；大会优秀论文二等奖（10%以内）。

Conference Awards for Academic Papers: 10% First Prizes for Excellent Papers ; 10% Second Prizes for Excellent papers)

## 11. 重要时间 (Important Dates)

- 论文摘要提交截止日期：2025 年 7 月 30 日晚上 11:30  
(第二轮已延期到 2025 年 8 月 10 日)。

Deadline for submitting the paper abstract: July 30<sup>th</sup>, 2025, 11:30 PM.

(Deadline for submission has been extended to August 10<sup>th</sup>, 2025)

- 论文摘要录取通知发出日期：2025 年 8 月 30 日前。

Date of notification of acceptance: before 30<sup>th</sup> August, 2025.

## 12. 会务费 (Registration Fee)

- 教师、研究人员等：175 美元或 1200 元人民币（以当月汇率为准）。

For academic staff, researchers, etc.: US\$175 or RMB 1200 (based on the exchange rate of the current month).

- 全日制学生：120 美元或 800 元人民币（持学生证）（以当月汇率为准）。

For full-time students: US\$120 or RMB 800 (based on the exchange rate of the current month).

## 13. 会议食宿安排 (Conference Accommodation)

- 会务组可协助办理酒店预订，统一安排食宿，食宿费和交通费自理。

The Organizing Committee will assist with hotel reservations, accommodation and meal arrangement. Participants are responsible for covering their own accommodation, meals and transportation expenses.

#### 14. 其它信息 (Other Information)

- 根据中国国家规定，会议不安排接站、送站，请安排好您的行程。

In accordance with China's national regulations, there will be no arrangements for pick-up or drop-off at the conference. Please make your own travel arrangements.

#### 15. 组委会联系方式

- 会议组委会通讯地址：

中国山东省青岛市即墨区滨海路 72 号（邮编：266237）

山东大学体育学院（青岛）

（第二十二届 SCSEPF 年会组委会）

- 会务联系人：倪元振 电子邮箱：niyuanzhen@sdu.edu.cn

于英豪 电子邮箱：yuyinghao@sdu.edu.cn

- 会议赞助商联系人：倪元振 电子邮箱：niyuanzhen@sdu.edu.cn

SCSEPF2025

No. 72 Binhai Road, Jimo District, Qingdao City,

Shandong Province, China (postcode: 266237)

School of Physical Education, Qingdao, Shandong University

Conference contact person:

Ni Yuanzhen's email: niyuanzhen@sdu.edu.cn

Yu Yinghao's email: yuyinghao@sdu.edu.cn

Conference sponsor contact person:

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Phone: +86-0532-58630290

E-mail: [scsepf2025@sdu.edu.cn](mailto:scsepf2025@sdu.edu.cn)

学会网站: <http://www.scsepf.org>

会议网站: <http://scsepf2025.qd.sdu.edu.cn/>

# 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

## Welcome Greetings of 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 22<sup>nd</sup> 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, sports injury prevention, 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 gathering.

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

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、运动损伤预防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

## 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。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

2025 年 1 月 25 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. Zhang Hongzhen  
Dean of the School of Physical Education of Shandong University

January 25, 2025