

個人履歷 (Curriculum Vitae)

張育愷
Yu-Kai Chang, Ph.D.

基本資料 (Background)

現職：國立臺灣師範大學，體育學系，研究講座教授

身體活動認知神經科學實驗室，主持人

研究焦點：健身運動心理學、競技運動心理學、認知神經科學、身體活動與認知功能

術科專長：中國武術（太極拳、形意拳、八卦掌、少林拳械、氣功）、游泳

地址：106 台北市大安區和平東路 1 段 162 號，體育館 3F

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網站 (Website)：

- 身體活動認知神經科學實驗室 <http://pacnlntnu.wixsite.com/pacnlntnu>
- 國立臺灣師範大學體育學系 <http://www.pe.ntnu.edu.tw/members/bio.php?PID=295>
- FB 粉絲頁：大腦闖遇上八卦導引 <https://www.facebook.com/PACNLBGDY>

教育背景 (Education)

- 2013/05~ 2013/09 Visiting Scholar, Department of Kinesiology, University of North Carolina at Greensboro
(美國北卡羅萊納大學格林斯堡校區，人體運動學系，訪問學者)
- 2004/08 ~ 2008/12 Doctor of Philosophy, Department of Exercise and Sport Science, University of North Carolina at Greensboro
(美國北卡羅萊納大學格林斯堡校區，健身與競技運動科學系，哲學博士)
- 1999/09 ~ 2001/06 臺北市立體育學院，運動科學研究所，碩士
(Master of Science, Graduate Institute of Sport Science, Taipei Physical Education College)
- 1995/09 ~ 1999/06 中國文化大學，體育系國術組，學士
(Bachelor, Department of Physical Education, Chinese Martial Art Section, Chinese Culture University)

學術相關經歷 (Academic Appointments)

- 2019/09~迄今 108 年運動菁英育才計畫導師(跆拳道)
- 2019/01~迄今 中華職業棒球大聯盟心理顧問
(Mental Consultant, Chinese Professional Baseball League, CPBL)

- 2019/01~迄今 中華民國體育學會理事
(Managing Council, National Society of Physical Education, R.O.C.)
- 2018/07~迄今 亞太運動心理學學會，執行委員
(Managing Council, Asian-South Pacific Association of Sport Psychology)
- 2018/01~迄今 職業棒球專欄作家
(Columnist, Professor Baseball, Chinese Professional Baseball League, CPBL)
- 2017/07~迄今 國際運動心理學學會 (國際上第一個創立之運動心理學會)，執行委員
(Managing Council-at Large, International Society of Sport Psychology)
- 2017/07~迄今 2018年雅加達亞運國家運動訓練中心，運科支援團隊運動心理學委員
(2018 Sport Psychology committee for Jakarta Asian Games, National Sports Training Center)
- 2018/01~迄今 臺灣運動心理學會，副理事長
(Vice President, Society for Sport and Exercise Psychology of Taiwan)
- 2015/01~迄今 臺灣運動心理學會，常務理事
(Executive Member of the Council, Society for Sport and Exercise Psychology of Taiwan)
- 2011~2018/07 教育部培育優秀青少年運動人才計畫，運動心理學分案計畫主持人
(Sectional Principle Investigator of Sport Psychology, Cultivating Elite Young Athlete, Sport Administration, Ministry of Education)
- 2015/08~2018/07 國立體育大學，研究發展處，研發長
(Dean, Office of Research and Development, National Taiwan Sport University)
- 2015/02~2018/07 國立體育大學，競技與教練科學研究所，教授
(Professor, Graduate Institute of Athletics and Coaching Science, National Taiwan Sport University)
- 2012/08~2015/02 國立體育大學，競技與教練科學研究所，副教授
(Associate Professor, Graduate Institute of Athletics and Coaching Science, National Taiwan Sport University)
- 2012/02~2012/08 國立體育大學，教練研究所，副教授
(Associate Professor, Graduate Institute of Coaching Science, National Taiwan Sport University)
- 2009/02~2012/01 國立體育大學，教練研究所，助理教授
(Assistant Professor, Graduate Institute of Coaching Science, National Taiwan Sport University)
- 2010/08~2013/07 國立體育大學，研究發展處，學術發展組組長
(Section Chief, Academic Development Division, Research and Development Center, National Taiwan Sport University)
- 2012/01~2014/12 臺灣運動心理學會，秘書長

- (Secretary-General, Society for Sport and Exercise Psychology of Taiwan)
- 2013/01~2014/12 臺灣認知神經科學學會，理事
(Managing Council, Taiwan Cognitive Neuroscience Association)
- 2010/01~ 2011/12 臺灣運動心理學會，副秘書長
(Deputy Secretary-General, Society for Sport and Exercise Psychology of Taiwan)

獲獎榮譽 (Honors and Awards)

- 2021 School of Health and Human Sciences (HSS) Distinguished Alumni Award, The University of North Carolina at Greensboro
(美國北卡羅萊納大學格林斯堡校區，衛生與人類科學學院傑出校友)
- 2019 競技運動與健康科學期刊，傑出編委獎
(Outstanding Editorial Board Award, Journal of Sport and Health Science)
- 2019 108 年度中國文化大學，華剛領航人
(2019 Outstanding Alumina Award, Chinese Culture University, Taiwan)
- 2019 國立臺灣師範大學 107 年度研究績優講
(2018 Research Award, National Taiwan Normal University, Taiwan)
- 2019 107 年度科技部傑出研究獎
(2018 Distinguished Research Award, Ministry of Science and Technique, Taiwan)
- 2018 106 年度中華民國科技部，特殊優秀人才獎勵
(2017 Outstanding Research Award, Ministry of Science and Technique, Taiwan)
- 2017 教育部體育署，106 年度運動科學研究及發展優等獎勵 (高爾夫)
2014 Excellent Award, Sport Science Research and Development, Sports Affairs, Ministry of Education (golf)
- 2017 教育部體育署，106 年度運動科學研究及發展優等獎勵 (飛鏢)
2014 Excellent Award, Sport Science Research and Development, Sports Affairs, Ministry of Education (dart)
- 2017 106 學年度國立體育大學教師，學術研究獎
(2017 Faculty Research Award, National Taiwan Sport University)
- 2016 105 年度中華民國科技部，特殊優秀人才獎勵
(2016 Outstanding Research Award, Ministry of Science and Technique, Taiwan)
- 2016 教育部體育署，105 年度運動科學研究及發展佳作獎勵
2015 Honorable Mentioned, Sport Science Research and Development, Sports Affairs, Ministry of Education
- 2016 105 學年度國立體育大學教師，學術研究獎
(2015 Faculty Research Award, National Taiwan Sport University)
- 2015 104 年度中華民國科技部，特殊優秀人才獎勵
(2014 Outstanding Research Award, Ministry of Science and Technique, Taiwan)
- 2015 教育部 104 年度大專院校特殊優秀人才彈性薪資 (體育界唯一獲最高獎項者)
(2015 Outstanding Research Award, Ministry of Education, Taiwan)
- 2015 104 學年度國立體育大學教師，學術研究獎
(2015 Faculty Research Award, National Taiwan Sport University)

- 2014 北美競技運動暨身體活動心理學學會 (國際間運動心理學最高等級之學會)，傑出年輕學者獎 (華人學者首位獲獎者)
(Early Career Distinguished Scholars, North American Society for Psychology of Sport and Physical Activity)
- 2014 教育部 103 年度大專院校特殊優秀人才彈性薪資 (體育界唯一獲最高獎項者)
(2014 Outstanding Research Award, Ministry of Education, Taiwan)
- 2014 教育部體育署，103 年度運動科學研究及發展優等獎勵
2014 Excellent Award, Sport Science Research and Development, Sports Affairs, Ministry of Education
- 2014 教育部體育署，103 年度運動科學研究及發展佳作獎勵
2014 Honorable Mentioned, Sport Sport Science Research and Development, Sports Affairs, Ministry of Education
- 2014 103 學年度國立體育大學教師，學術研究獎
(2014 Faculty Research Award, National Taiwan Sport University)
- 2014 國立體育大學 103 年度，奧林匹克精神獎
(2014 Olympics Spirit, National Taiwan Sport University)
- 2013 2013 年國際競技運動心理學會發展學者獎，國際競技運動心理學會 (華人學者首位獲獎者)
(2013 ISSP Developing Scholar Award, International Society of Sport Psychology)
- 2013 102 年度行政院國家科學委員會，特殊優秀人才獎勵
(2013 Outstanding Research Award, National Science Council, Taiwan)
- 2013 教育部 102 年度大專院校特殊優秀人才彈性薪資 (體育界唯一獲最高獎項者)
(2013 Outstanding Research Award, Ministry of Education, Taiwan)
- 2013 102 學年度國立體育大學教師，學術研究獎
(2013 Faculty Research Award, National Taiwan Sport University)
- 2012 運動及鍛鍊心理學華人青年學者獎，國際運動及鍛鍊心理學期刊中文部分編輯委員會
(Chinese Young Scholar Award in Sport and Exercise Psychology, Committee of International Journal of Sport and Exercise Psychology Chinese Section)
- 2012 行政院國家科學委員會，101 年度吳大猷先生紀念獎 (體育界首位獎項者)
(2012 Da-You Wu Memorial Research Award, National Science Council, Taiwan)
- 2012 101 年度行政院國家科學委員會，特殊優秀人才獎勵
(2012 Outstanding Research Award, National Science Council, Taiwan)
- 2012 101 年度行政院體育委員會，運動科學研究及發展一佳作
(2012 Honorable Mention, Sport Science Research and Development, Sports Affairs Council, Executive Yuan)
- 2012 101 學年度國立體育大學教師，學術研究獎
(2012 Faculty Research Award, National Taiwan Sport University)
- 2012 101 學年度國立體育大學教師，教學優良獎
(2012 Teaching Award, National Taiwan Sport University)
- 2011 100 年度行政院國家科學委員會，特殊優秀人才獎勵
(2011 Outstanding Research Award, National Science Council, Taiwan)
- 2011 100 學年度國立體育大學，教師學術研究獎
(2011 Faculty Research Award, National Taiwan Sport University)

- 2011 中國青年救國團 100 年青年獎章：博學類別得獎者 (獲總統召見，並代表全國青年於總統府致詞)
(2011 Youth Prize: Scholar Category, China Youth Corps, Taiwan)
- 2011 100 年度行政院國科會，吳大猷紀念獎候選人
(Nominee in 2011 Da-You Wu Memorial Research Award, National Science Council, Taiwan)
- 2010 99 學年度國立體育大學，學術研究獎
(2010 Faculty Research Award, National Taiwan Sport University)
- 2010 國立體育大學 99 年度，奧林匹克精神獎
(2010 Olympics Spirit, National Taiwan Sport University)
- 2009 Outstanding Dissertation Award, The University of North Carolina at Greensboro
(美國北卡羅萊納大學格林斯堡校區，最佳博士論文獎) (華人學者首位獲獎者)
- 2006 Research Grant, Association for Applied Sport Psychology (AASP)
(美國應用競技運動心理學會，研究獎勵)
- 2005 Summer Assistantships, Department of Exercise and Sport Science at The University of North Carolina at Greensboro
(美國北卡羅萊納大學格林斯堡校區，夏季研究獎勵)
- 2005 Graduate Student Association Funds, University of North Carolina at Greensboro
~ (美國北卡羅萊納大學格林斯堡校區，研究生專款獎勵)
- 2008

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

- 2019/06 **Conference Committee**, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，北美競技運動暨身體活動心理學學會)
- 2019/06 **Conference Reviewer**, European Federation of Sport Psychology (FEPSAC) Congress 2019
(會議審查委員，2019 歐洲運動心理學會)
- 2019/05 **Member of the Science Slam board**, European Federation of Sport Psychology (FEPSAC) Congress 2019
(科學脫口秀/科學時尚秀評審委員，2019 歐洲運動心理學會)
- 2019/01 **國立台灣師範大學，人體試驗委員會委員**
(Member, Institutional Review Board, National Taiwan Normal University)
- 2019/01 **Guest Editor of Special Issue**, Journal of Sport and Health Science. Topic: Exercise, cognitive function, and brain: Advancing our understanding of complex relationships
(特邀編輯，競技運動與健康科學期刊 (SCI/SSCI, Q1)。議題：健身運動、認知功能與腦：認識其複雜關連的新知)
- 2017 ~ 迄今 **2021 世界大會主導者**，國際運動心理學會第 15 屆世界大會 (將會是臺灣歷年來，體育運動相關領域最大型的國際學術研討會)
2021 Conference organizer, 15th International Society of Sport Psychology World Congress, 2021.
- 2017/07 **代表臺灣申辦者**，代表臺灣申辦國際運動心理學會第 15 屆世界大會

- Representative of Taiwan for conference**, 15th International Society of Sport Psychology World Congress, 2021.
- 2017/06 **Conference Committee**, Sport and Exercise Psychology Section, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，競技與健身運動心理學部分，北美競技運動暨身體活動心理學學會)
- 2017/06 **Conference Committee**, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，北美競技運動暨身體活動心理學學會)
- 2016/12 **Guest Editor of Special Issue**, International Journal of Sport and Exercise Psychology. Topic: Chronic exercise and cognitive function: An update of current findings
(特邀編輯，國際競技與健身運動心理學期刊 (**Scopus, Q2**)。議題：慢性健身運動與認知功能：當代發現的更新)
- 2016/06 特邀編輯，體育學報 (**TSSCI**)。議題：運動與認知功能：流行病學、認知心理學、到認知神經科學之跨領域取向
(**Guest Editor of Special Issue**, Physical Education Journal. Title: Exercise, Sport, and Cognitive Function. Interdisciplinary of epidemiology, cognitive psychology, and cognitive neuroscience)
- 2016/06 **Conference Committee**, poster presentation section, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，海報發表部分，北美競技運動暨身體活動心理學學會)
- 2015/12 **Guest Editor of Special Issue**, Journal of Sport and Health Science. Topic: Acute exercise and cognitive function: emerging research issue
(特邀編輯，競技運動與健康科學期刊 (**SCI/SSCI, Q1**)。議題：急性健身運動與認知功能：興起的研究議題)
- 2015/06 **Conference Committee**, Sport and Exercise Psychology Section, North American Society for Psychology of Sport and Physical Activity
(年度大會委員，競技與健身運動心理學部分，北美競技運動暨身體活動心理學學會)

期刊編審服務 (Journal Editorial Activities)

- 2020/01 ~ **Editorial Board Member**, Psychology for Sport and Exercise present
(編審委員，競技與健身運動心理學，**SCI/SSCI, Q2**)
- 2019/01 ~ **Associate Editor**, Journal of Sport and Health Science
(競技運動與健康科學期刊 **副主編**，**SCI/SSCI, Q1**)
- 2023/12 **主編**，體育學報 (**TSSCI**)
(**Editor**, Physical Education Journal, TSSCI)
- 2016/05 ~ **Section Editor**, Exercise and Health: Biological Aspects of Behaviors, present
International Journal of Sport and Exercise Psychology
(領域編輯：生物層面之健身運動與健康，國際競技與健身運動心理學期刊，**Scopus, Q2**)
- 2016/01 ~ **Associate Editor**, Journal of Sport and Health Science

- 2018/12 (競技運動與健康科學期刊 副主編, SCI/SSCI, Q1)
- 2016/01 ~ **Editorial Board Member**, International Journal of Sport and Exercise
present Psychology
(編審委員, 國際競技與健身運動心理學期刊, Scopus, Q2)
- 2014/01 ~ **Editorial Board Member**, Journal of Sport and Exercise Psychology
present (編審委員, 競技與健身運動心理學期刊, SCI/SSCI, Q1)
- 2015/08~ **主編**, 臺灣體育學術研究
- 2018/07 (Editor, Taiwan Journal of Sport Scholarly Research)
- 2013/01 ~ **運動心理學領域輯**, 體育學報 (TSSCI)
- 2016/12 (Section editor of sport and exercise psychology, Physical Education Journal,
TSSCI)
- 2015/01 ~ **編審委員**, 臺灣運動心理學報 (TSSCI)
- 2017/12 (Editorial Board Member, Bulletin of Sport and Exercise Psychology of
Taiwan)
- 2014/01 ~ **運動心理學領域編輯**, 臺灣體育學術研究
- 2018/07 (Section Editor of Sport and Exercise Psychology, Taiwan Journal of Sport
Scholarly Research)
- 2016/01~ **編審委員**, 運動研究
present (Editorial Board Member, Journal of Sports Reserach)
- 2011/08 ~ **執行編輯**, 臺灣體育學術研究
- 2013/07 (Editorial assistant, Taiwan Journal of Sport Scholarly Research)
- 2011/08 ~ **執行編輯**, 臺灣體育論壇
- 2013/07 (Editorial assistant, Taiwan Sport Forum)

國內外學術著作及文章發表 (Scholarship)

英文專書章節 (Book Chapter in English)

1. **Chang, Y. K.** & Berger, B.G. (in press). *Entry: Exercise psychology*. In D. Hackfort, R. J., Schinke, & B. Strauss, Dictionary of Sport Psychology, Elsevier.
2. **Chang, Y. K.** & Hung, T. M. (in press). *Entry: Attention-deficit/hyperactivity disorder*. In D. Hackfort, R. J., Schinke, & B. Strauss, Dictionary of Sport Psychology, Elsevier.
3. **Chang, Y. K.** & Etner, J. L. (in press). *Entry: Yoga*. In D. Hackfort, R. J., Schinke, & B. Strauss, Dictionary of Sport Psychology, Elsevier.
4. Etner, J. L. & **Chang, Y. K.** (in press). *Entry: Acute exercise effect*. In D. Hackfort, R. J., Schinke, & B. Strauss, Dictionary of Sport Psychology, Elsevier.
5. Etner, J. L. and **Chang, Y. K.** (2019). *Physical Activity and Cognitive Performance*. In S. H. Thelma and A. L., Smith(Eds). Advance in Sport and Exercise Psychology (4th Edition), Human Kinetics, Champaign, IL.
6. **Chang, Y. K.** (2015). *Acute exercise and event-related potential: Current status and future prospects*. In. T. McMorris. Exercise-Cognition Interaction: Neuroscience Perspectives. Elsevier, New York.
6. **Chang, Y. K.** (2015). *Exercise and cognition*. In B. G. Berger, D. Pargman & R. S. Weinberg (Eds.). Foundations of Exercise Psychology, Fitness Information Technology, Morgantown, WV.

7. **Chang, Y. K.** (2014). *Entry: Physical activity and cognition*. In R. Eklund & G. Tenenbaum, *Encyclopedia of Sport and Exercise Psychology*, Thousand Oaks, CA: Sage.
8. **Chang, Y. K.** & Etnier, J. L. (2014). *Physical activity and cognitive functioning*. In A. Papaioannou & D. Hackfort (Eds.), *Fundamental Concepts in Sport and Exercise psychology*. London: Taylor and Francis.
9. Williams, K. & **Chang, Y. K.** (2008). *Aging and Motor Behavior*. In V. Greg Payne, Mr. Peixin Geng (Ed.) *Introduction to human motor development*. Beijing, China: People's Publication.

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

1. 王俊智、張育愷。(出版中)。第十二章：身體活動、認知功能與大腦。運動健康與體適能。臺北市，禾楓書局。臺北：華杏出版機構。
2. 陳豐慈、張育愷 (2019)。兒童發展研究彙編運動與兒童全人發展：運動對孩童學業表現的影響。信誼基金出版社。
3. 張育愷。(2017)。第十四章：研究整合(統合分析)。身體活動研究法。臺北市，禾楓書局。
4. 洪聰敏，蔡佳良，張育愷。(2017)。體育運動大辭典(自然領域—運動心生理學詞條)。臺北：教育部。
5. 執行校閱：張育愷 (2016)。總校閱：季力康、盧俊宏、洪聰敏；執行校閱：張育愷；譯者：張育愷等人。健身運動心理學：理論與實務的整合，中文第二版。臺北市，禾楓書局。
6. 總校閱：張育愷 (2014)。教練的競技運動心理學。臺北市，易利圖書。
7. 總校閱：張育愷 (2014)。運動員的生涯規劃。臺北市，禾楓書局。
8. 執行校閱：張育愷 (2012)。總校閱：季力康、盧俊宏、洪聰敏；執行校閱：張育愷；譯者：張育愷等人。健身運動心理學：理論與實務的整合，中文第一版。臺北市，禾楓書局。

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

2020

1. Chen, F. T., Etnier, J. L., Chan, K. H., Chiu, P. K., Hung, T. M., **Chang, Y. K.***. (2020). Effects of physical activity training interventions on executive function in older adults: A systematic review and meta-analysis. *Sports Medicine*. **【SCI, IF= 7.58; ranking in Sport Sciences: 2/83, 2%, Q1】**
2. Xie, C., Alderman, B. L., Meng, F., Ai, **J. Chang, Y. K.***, & Li, A.* (2020). Acute high-intensity interval exercise improves inhibitory control among young adult males with obesity. *Frontiers in Psychology*. **【SSCI, IF= 2.13; Ranking in Psychology, Multidisciplinary: 40/137, Q2】**
3. Zhan, Z., Ai, J., Ren, F., Lin, L., Chu, C. H., and **Chang, Y.K.*** (2020). Cardiorespiratory fitness, age, and multiple aspects of executive function among preadolescent children. *Frontiers in Psychology*. **【SSCI, IF= 2.13; Ranking in Psychology, Multidisciplinary:**

40/137, Q2】

4. **Chang, Y. K.**, Alderman, B. L., Chu, C. H., Hung, T. M., & Liu, J. H. (2020). Conducting Exercise Trials for Obese Adolescents Within the Effectiveness Setting: A Response with Commentary to Ejima et al. (2019). *Psychology of Sport and Exercise*, *46*, 101605. **【SSCI, IF= 2.71, Ranking in Hospitality, Leisure, Sport & Tourism: 15/52, Q2】**
5. Chen, F. T., Hopman, R. J., Huang, C. J., Chu, C. H., Hillman, C. H., Hung, T. M.*, **Chang, Y. K.***. (2020). The effect of exercise training on brain structure and function in older adults: A systematic review based on evidence from randomized control trials. *Journal of Clinical Medicine*. *9*(4), 914; <https://doi.org/10.3390/jcm9040914> **【SCI, IF =5.68, ranking in Medicine, General & Internal= 15/160, 9.1%, Q1】**
6. Chen, F. T., Erickson, I. K. *, Huang, H. Q. **Chang, Y. K.*** (2020). The association between physical fitness parameters and white matter microstructure in older Adults: A diffusion Tensor imaging study. *Psychophysiology*, *57*(5), e13539. **【SSCI, IF= 3.38; Ranking in Psychology, experimental:17/77, 21%, Q1】**
7. Hidrus, A., Kueh, Y.C., Norsaádah, B., **Chang, Y.-K.**, Hung, T.-M., Naing, N.N., and Kuan, G. (2020). Effects of Brain Breaks Videos on the Motives for the Physical Activity of Malaysians with Type-2 Diabetes Mellitus. *International Journal of Environmental Research and Public Health* *17*, 2507. **【SSCI, IF= 2.47; Ranking in Public Environmental & Occupational Health, 38/164, Q1】**
8. Zhang, L., Chu, C. H., Liu, J. H., Chen, F. T., Nien J. T., Zhou, C. & **Chang, Y. K. *** (2020). Acute Coordinative Exercise Ameliorates General and Food-Cue Related Cognitive Function in Obese Adolescents. *Journal of Sports Sciences*, *38*(8), 953-960. doi:10.1080/02640414.2020.1737386 **【SCI, IF= 2.81, Ranking in Sport Science: 20/83, 24%, Q1】**

2019

9. **Chang, Y. K.***, Erickson, K. I., Stamatakis, E., Hung, T. M. (2019). How the 2018 US physical activity guidelines are a call to promote and better understand acute physical activity for cognitive function gains. *Sports Medicine*, *49*(11), 1625-1627 **【SCI, IF= 7.58; Ranking in Sport Sciences: 2/83, 3%, Q1】**
10. **Chang, Y. K.**, Chen, F. T., Kaun, G., Wei, G. X., Chu, C. H., Yan, J., Chen, A. G., Hung, T. M. (2019). Effects of Acute Exercise Duration on the Inhibition Aspect of Executive Function in Late Middle-Aged Adults. *Frontiers in Aging Neuroscience*, *11*, 227. **【SCI, IF= 3.63, Ranking in Geriatrics & Gerontology: 17/53, 32.08%, Q2】**
11. Chen, F. T., Chen, Y. P., Schneider, S., Kao, S. C., Huang, C. M., & **Chang, Y. K.*** (2019). Effect of exercise modes on neural processing of working memory in late middle-aged adults: An fMRI study. *Frontiers in Aging Neuroscience*, *11*, 224. **【SCI, IF= 3.63, Ranking in Geriatrics & Gerontology: 17/53, 32.08%, Q2】**
12. **Chang, Y. K.**, & Etnier, J. L. (2019). Chronic exercise and cognitive function: An update of current findings. *International Journal of Sport and Exercise Psychology*, *17*(2), 1-4. doi:10.1080/1612197X.2016.1223068 **【SCOPES, Q2】**
13. Chu, C. H., Chen, F. T., Pontifex, M. B., Sun, Y., & **Chang, Y. K.** (2019). Health-related physical fitness, academic achievement, and neuroelectric measures in children and adolescents. *International Journal of Sport and Exercise Psychology*, *17*(2), 117-132.

【SCOPES, Q2】

14. Kao, S. C., Cadenas-Sanchez, D., Shigeta, T. T., Wa, A. M., **Chang, Y. K.**, Pontifex, M. B., & Hillman, C. H. (2019). A systematic review of physical activity and cardio-respiratory fitness on P3b. *Psychophysiology*. **【SSCI, IF= 3.38; Ranking in Psychology, experimental:17/77, 21%, Q1】**
15. Wu, C. H., Karageorghis, C. I., Wang, C. C., Chu, C. H., Kao, S. C., Hung, T. M., & **Chang, Y. K.*** (2019). Effects of acute aerobic and resistance exercise on executive function: An ERP study. *Journal of Science and Medicine in Sport*, 22(12):1367-1372 **【SCI, IF= 3.62, Ranking in Sport Science: 12/83, 15%, Q1】**
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17. Chu, C. H., Chen, S. R., Wu, C. H., Cheng, Y. C., Cho, Y. M.*, & **Chang, Y. K.*** (2019). The effects of negative air ions on cognitive function: An event-related potential (ERP) study. *International Journal of Biometeorology*, 63(10),1309-1317. **【SCI, IF= 2.58, Ranking in Biophysics: 33/72, 46%, Q2】**
18. Wang, C. C., Alderman, B., Wu, C. H., Chi, L., Chen, S. R., Chu, I. H., & **Chang, Y. K.*** (2019). Effects of Acute Aerobic and Resistance Exercise on Cognitive Function: Any Role of Salivary Cortisol Responses? *Journal of Sport and Exercise Psychology*, 41(2), 73-81. **【SSCI, IF= 2.4, Ranking in Hospitality, Leisure, Sport & Tourism: 16/50, 32%, Q2】**
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21. Shun, Y. C., Lin, P. C., **Chang, Y. K.**, Lin, Y. K., Lee, P.H., & Chen, S. R. (2019). Sleep quality mediates the relationship between work-family conflicts and the self-perceived health status among hospital nurses. *Journal of Nursing Management*, 27(2), 381-387. **【SSCI, IF= 1.91; Ranking in Nursing: 15/115, 13%, Q1】**

2018

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24. Chen, F. T., Etnier, J. L., Wu, C. H., Cho, Y. M., Hung, T. M.*, & **Chang, Y. K.*** (2018). Dose-response relationship between exercise duration and executive function in late middle-

- aged adults. *Journal of Clinical Medicine*. **【SCI, IF =5.58, ranking in Medicine, General & Internal= 15/154, 9.7%, Q1】**
25. Huang, C.J., Huang, C.W., Hung, C.L., Tsai, Y.J., **Chang, Y. K.**, Wu, C.T., & Hung, T.M. (2018). Effects of Acute Exercise on Resting EEG in Children with Attention-Deficit /Hyperactivity Disorder. *Child Psychiatry & Human Development*, 49(6), 993-1002. **【SSCI, IF =2.012, Ranking in Psychology: Developmental= 27/73, 40%, Q2】**
 26. Huang, H. C., Wu, W. L., **Chang, Y. K.**, & Chu, I. H. (2018). Physical fitness characteristics of adolescent Wushu athletes. *Journal of Sports Medicine and Physical Fitness*, 54(4), 399-406 **【SCI, Sport Sciences, IF=1.12, 65/81, 80%, Q4】**
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 28. Liu, L. H., Alderman, B. L., Song, T. F., Chen, F. T., Hung, T. M.*, & **Chang, Y. K.*** (2018). A randomized controlled trial of coordination exercise on cognitive function in obese adolescents. *Psychology of Sport and Exercise*, 34, 29-38. **【SSCI, IF= 2.88, Ranking in Hospitality, Leisure, Sport & Tourism: 9/50, 18%, Q1】**
 29. Nikol, L., Kuan, G., Ong, M., **Chang, Y. K.**, Terry, P. C. (2018). The heat is on: Effects of synchronous music on psychophysiological parameters and running performance in hot and humid conditions. *Frontiers in Psychology*, 9:1114. **【SSCI, IF= 2.19; Ranking in Psychology, Multidisciplinary: 39/135, 29%, Q2】**
 30. Singh, A. S., Saliassi E., den Berg, V. V., Uijtdewilligen, L., de Groot, R. H. M., Jolles, J., Andersen, L. B., Bailey, R., **Chang, Y. K.**, Diamond, A., Ericsson, I., Etnier, J. L., Fedewa, A. L., Hillman, C. H., McMorris, T., Pesce, C., Pühse, U., Tomporowski, P. D. & Chinapaw, M. J. M. (2018). Effects of physical activity interventions on cognitive and academic performance in children and adolescents: a novel combination of a systematic review and recommendations from an expert panel. *British Journal of Sports Medicine*, 0:1-10. **【SCI, IF= 7.87; Ranking in Sport Science: 1/81, 1%, Q1】**
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- 2017**
32. **Chang, Y. K.**, Chu, C. H., Chen, F. T., Hung, T. M., & Etnier, J. L. (2017). Combined effects of physical activity and obesity on cognitive function: Independent, overlapping, moderator, and mediator models. *Sports Medicine*, 47(3), 449-468. **【SCI, IF= 7.07; Ranking in Sport Sciences: 3/81, 3%, Q1】**
 33. **Chang, Y. K.**, Alderman, B. L., Chu, C. H., Wang, C. C., Song, T. F., & Chen, F. T. (2017). Acute exercise has a general facilitative effect on cognitive function: A combined ERP temporal dynamics and BDNF study. *Psychophysiology*, 54(2), 289-300. **【SSCI, IF= 3.12; Ranking in Psychology, experimental:12/85, 14%, Q1】**
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- Neural Plasticity*, 2017, 1-11. **【SCI, IF= 3.16, Ranking in Neuroscience: 121/261, 46%, Q2】**
35. Chen, F. T., Chen, S. R., Chu, I. H., Liu, J. H., & Chang, Y. K.* (2017). Multicomponent exercise intervention and metacognition in obese preadolescents: A randomized controlled study. *Journal of Sport and Exercise Psychology*, 39(4), 302-312. **【SSCI, IF= 2.4, Ranking in Hospitality, Leisure, Sport & Tourism: 16/50, 32%, Q2】**
 36. Chu, I. H., Wu, W. L., Lin, I. M., Chang, Y. K., Lin, Y. J., & Yang, P. C. (2017). Effects of Yoga on heart rate variability and depressive symptoms in women: A randomized controlled trial. *The Journal of Alternative and Complementary Medicine*, 23(4), 310-316. **【SCI, Integrative & Complementary Medicine, IF=1.50, 16/27, 59%, Q3】**
 37. Chu, C. H., Kramer, A. F., Song, T. F., Wu, C. H., Hung, T. M.*, & Chang, Y. K.* (2017). Acute exercise and neurocognitive development in preadolescents and young adults: An ERP Study. *Neural Plasticity*, 2017 (2017), 2631909. **【SCI, IF= 3.16, Ranking in Neuroscience: 121/261, 46%, Q2】**
 38. Chueh, T, Huang, C, Hsieh, S, Chen, K, Chang, Y. K., & Hung T. (2017) Sports training enhances visuo-spatial cognition regardless of open-closed typology. *PeerJ*, 5:e3336. <https://doi.org/10.7717/peerj.3336> **【SCI, IF = 2.18 ; Ranking in Multidisciplinary Sciences: 19/64, 30%, Q2】**
 39. Hsieh, S. S., Lin, C. C., Chang, Y. K., Huang, C. J., & Hung, T. M.* (2017). Effects of childhood gymnastics program on spatial working memory. *Medicine and Science in Sports and Exercise*, 49(12):2537-2547. **【SCI, IF= 4.29, Ranking in Sports Sciences: 7/81, 8%, Q1】**
 40. Huang, C. J., Huang, C. W., Tsai, Y. J., Tsai, C. L., Chang, Y. K., & Hung, T. M. (2017). A preliminary examination of aerobic exercise effects on resting EEG in children with ADHD. *Journal of Attention Disorders*, 21(11):898-903. **【SSCI/SCI, IF=3.67; Ranking in Psychiatry: 28/142, 20%, Q1】**
 41. Pan, C. Y. *, Chang, Y. K., Tsai, C. L., Chu, C. H., Cheng, Y. W., & Sung, M. C. (2017). Effects of physical activity intervention on motor proficiency and physical fitness in children with attention deficit hyperactivity disorder: An exploratory study. *Journal of Attention Disorders*, 21(9), 783-795. **【SSCI/SCI, IF=3.67; Ranking in Psychiatry: 28/142, 20%, Q1】**
 42. Tsai, Y. J., Hung, C. L., Tsai, C. L., Chang, Y. K., Huang, C. J., & Hung, T. M. (2017). The Relationship between physical fitness and inhibitory ability in children with attention deficit hyperactivity disorder: An event-related potential study, *Psychology of Sport and Exercise*, 31, 149-157. **【SSCI, IF= 2.88, Ranking in Hospitality, Leisure, Sport & Tourism: 9/50, 18%, Q1】**
 43. Wang, D., Zhu, T., Zhou, C., & Chang, Y. K. (2017). Aerobic exercise training ameliorates craving and inhibitory control in methamphetamine dependencies: A randomized controlled trial and event-related potential study. *Psychology of Sport and Exercise*, 30, 82-90. **【SSCI, IF= 2.88, Ranking in Hospitality, Leisure, Sport & Tourism: 9/50, 18%, Q1】**
 44. Xie C, Wang X, Zhou C, Xu C, Chang Y.* (2017). Exercise and dietary program-induced weight reduction is associated with cognitive function among obese adolescents: a longitudinal study. *PeerJ*, 5:e3286. <https://doi.org/10.7717/peerj.3286> **【SCI, IF = 2.18; Ranking in Multidisciplinary Sciences: 19/64, 30%, Q2】**

2016

45. Chu, C. H., Yang, K. T., Song, T. F., Liu, J. H., Hung, T. M.*, & **Chang, Y. K.*** (2016). Cardiorespiratory fitness is associated with executive control in late-middle-aged adults: An event-related (De) synchronization (ERD/ERS) study. *Psychophysiology*, 7:1135. **【SSCI, IF= 2.67; Ranking in Psychology, experimental:25/84, 30%, Q2】**
46. Song, T. F., Chi, L., Chu, C. H., Chen, F. T., Zhou, C.*, & **Chang, Y. K.*** (2016). Obesity, cardiovascular fitness, and inhibition function: An electrophysiological study. *Frontiers in Psychology*, 7:1124. **【SSCI, IF= 2.32; Ranking in Psychology, multidisciplinary:33/129, 25%, Q1】**
47. **Chang, Y. K.**, Chen, S., Tu, K. W., Chi, L. K. (2016). Effect of autonomy support on self-determined motivation in elementary physical education. *Journal of Sports Science and Medicine*, 15(3): 460-466. **【SCI, IF= 1.80; Ranking in Sport Sciences: 37/81, 46%, Q2】**
48. Lu, F. J. H., Lee, W. P., **Chang, Y. K.**, Chou, C. C., Hsu, Y. W., Lin, J. H., & Gill, D. L. (2016). Interaction of athletes' resilience and coaches' social support on the stress-burnout relationship: A conjunctive moderation perspective. *Psychology of Sport and Exercise*, 22, 202-209. **【SSCI, IF= 2.81, Ranking in Hospitality, Leisure, Sport & Tourism: 7/45, 16%, Q1】**
49. Wei, G. X., Li, Y. F., Yue, X. L., Ma, X., **Chang, Y. K.**, Yi, L. Y., Li, J. C., & Zuo, X. N. (2016). Tai Chi Chuan modulates heart rate variability during abdominal breathing in elderly adults. *PsyCh Journal*, 5(1), 69-77.
50. Chen, S. R., Tseng, C. L., Kuo, S. Y., & **Chang, Y. K.** (2016). Effects of a physical activity intervention on autonomic and executive functions in obese young adolescents: A randomized controlled trial. *Health Psychology*, 35(10), 1120. **【SSCI, IF=3.46; Ranking in Psychology, Clinical, 15/121, 12%, Q1; SCI, Ranking in Psychology, 15/77, 19%, Q1】**
51. Hsieh, S. S., **Chang, Y. K.**, Fang, C. L., & Hung, T. M. (2016). Acute resistance exercise facilitates attention control in adult males without an age-moderating effect. *Journal of Sport and Exercise Psychology*, 38(3), 247-254. **【SSCI, IF=2.451; Ranking in Hospitality, leisure, sport, & tourism, 12/45, 27%, Q2】**
52. Hsieh, S. S., **Chang, Y. K.**, Hung, T. M. *, & Fang, C. L. * (2016). The effects of acute resistance exercise on young and older males' working memory. *Psychology of Sport and Exercise*, 22, 286-293. **【SSCI, IF= 2.81, Ranking in Hospitality, Leisure, Sport & Tourism: 7/45 16%, Q1】**
53. Hung, C. L., Huang, C. J., Tsai, Y. J., **Chang, Y. K.**, & Hung, T. M. (2016). Neuroelectric and behavioral effects of acute exercise on task switching in children with attention-deficit/hyperactivity disorder. *Frontiers in Psychology*, 7, 1-11. **【SSCI, IF= 2.32; Ranking in Psychology, multidisciplinary:33/129, 25%, Q1】**
54. Olson, R. L., **Chang, Y. K.**, Brush, C. J., Kwok, A. N., Gordon, V. X., & Alderman, B. L. (2016). Neurophysiological and behavioral correlates of cognitive control during low and moderate intensity exercise. *NeuroImage*, 131, 171-180. **【SCI, IF=5.84; Ranking in Neuroimaging, 1/14, Ranking in Radiology, Nuclear Medicine, and Medical Imaging,**

6/127, 5%, Q1】

55. Wang, D., Zhou, C., Zhao, M., Wu, X., & Chang, Y. K. (2016). Dose–response relationships between exercise intensity, cravings, and inhibitory control in methamphetamine dependence: An ERPs study. *Drug and Alcohol Dependence*, 161, 331-339. 【SCI, IF=3.22; Ranking in Substance Abuse, 4/18, Q1, Ranking in Psychiatry, 50/142, 35%, Q2】

2015

56. Chang, Y. K., Tsai, J. H., Wang, C. C., & Chang, E. C. (2015). Structural differences in basal ganglia in elite running versus martial arts athletes: A diffusion tensor imaging study. *Experimental Brain Research*, 233(7), 2239-2248. 【SCI, IF=2.06; Ranking in Neurosciences: 174/256, 68%, Q3】
57. Chang, Y. K., Pesce, C., Chiang, Y. T., Kuo, C. Y., & Fong, D. Y. (2015). Antecedent acute cycling exercise affects attention control: An ERP study using attention network test. *Frontiers in Human Neuroscience*, 9(156), 1-13. 【SCI, IF=3.63; Ranking in Psychology: 77/256, 30%, Q2】 .
58. Chang, Y. K., Chu, C. H., Wang, C. C., Wang, Y. C., Song, T. F., Tsai, C. L., & Etnier, J. L. (2015). Dose-response relationship between exercise duration and cognition. *Medicine and Science in Sports and Exercise*, 47(1), 159-165. 【SCI, IF=4.041; Ranking in Sport Sciences: 6/82, 7%, Q1】
59. Chang, Y. K*, Chu, C. H., Wang, C. C., Song, T. F., & Wei, G. X. (2015). Effect of acute exercise and cardiovascular fitness on cognitive function: An event-related cortical desynchronization study. *Psychophysiology*, 52, 342-351. 【SSCI/SCI, IF=3.07; Ranking in Psychology, Experimental: 15/85, 18%, Q1; Ranking in Psychology: 20/76, 26%, Q2】
60. Chang, Y. K. & Etnier, J. L. (2015). Acute exercise and cognitive function: emerging research issue. *Journal of Sport and Health Science*, 4(1) , 1-3. 【SSCI, IF=1.69; Ranking in Hospitality, Leisure, Sport, & Tourism: 15/44, 34%, Q2】
61. Wang, D. S., Zhou, C. L., Chang, Y. K.*, (2015). Acute exercise ameliorates craving and inhibitory deficits in methamphetamine: An ERP study. *Physiology and Behavior*, 1(147), 38-46. 【SCI, IF=2.46; Ranking in Psychology, Biology: 6/14, 43%, Q2】 (NSC 102-2410-H-179-014-MY3).
62. Chu, C. H., Alderman, B. L., Wei, G. X., & Chang, Y. K.* (2015). Effects of acute aerobic exercise on motor response inhibition: An ERP study using the stop-signal task. *Journal of Sport and Health Science*, 4(1), 73-81. 【SSCI, IF=1.69; Ranking in Hospitality, Leisure, Sport, & Tourism: 15/44, 34%, Q2】
63. Fong, D. Y., Chi, L. K., Li, F. & Chang, Y. K.* (2014). The benefits of endurance exercise and Tai Chi Chuan for the task-switching aspect of executive function in older adults: An ERP study. *Frontiers in Aging Neuroscience*, 6(259), 1-11. 【SCI, IF=4.35; Ranking in Geriatrics & Gerontology: 6/49, 12%, Q1】 (NSC 102-2420-H-179-001-MY3)
64. Gapin, J., Labban, J. D., Bohall, S. C., Woon, J. S., & Chang, Y. K.* (2015). Acute exercise is associated with specific executive functions in college students with ADHD: a preliminary study. *Journal of Sport and Health Science*, 4(1), 89-96. 【SSCI, IF=1.69;

Ranking in Hospitality, Leisure, Sport, & Tourism: 15/44, 34%, Q2】

65. Wang, C. C., Shih, C. H., Pesce, C. Song, T. F., Hung, T., M., & Chang, Y. K.* (2015). Failure to Identify an Acute Exercise Effect on Executive Function Assessed by the Wisconsin Card Sorting Test. *Journal of Sport and Health Science*, 4(1), 64-72. **【SSCI, IF=1.69; Ranking in Hospitality, Leisure, Sport, & Tourism: 15/44, 34%, Q2】**
66. Chu, C. H., Chen, A. G., Hung, T. M., Wang, C. C., & Chang, Y. K.* (2105). Exercise and fitness modulate cognitive function in older adults. *Psychology and Aging*, 30(4), 842-848. **【SSCI, IF=2.73; Ranking in Gerontology, 6/32, 19%, Q1】**
67. Chang, E. C., Chu, C. H., Karageorghis, C. I., Wang, C. C., Tsai, J H., Wang, Y. S., Chang, Y. K.* (in press). Relationship between mode of sport training and general cognitive performance. *Journal of Sport and Health Science*. **【SSCI, IF=1.69; Ranking in Hospitality, Leisure, Sport, & Tourism: 15/44, 34%, Q2】** (NSC 101-2628-H-179-002-)
68. Su, H., Chang, Y. K., Lin, Y. J., & Chu, I. H.* (2015). Effects of training using an active video game on agility and balance. *Journal of Sports Medicine and Physical Fitness*, 55(9), 914-21. **【SCI, IF= 1.11; Ranking in Sport Sciences: 57/82, 70%, Q3】**
69. Chuang, L. Y., Tsai, Y. J., Chang, Y. K., Huang, C. J., & Hung, T. M. (2015). Effects of acute aerobic exercise on response preparation in a Go/No Go task in children with ADHD: An ERP study. *Journal of Sport and Health Science*, 4(1), 82-88. **【SSCI, IF=1.69; Ranking in Hospitality, Leisure, Sport, & Tourism: 15/44, 34%, Q2】**
70. So, E. C., Lu, H. P., Hsing, C. H., Wu, S. N., Chang, Y. K., & Poon, P. W. (2015). Evaluation of microvasculature at the auditory midbrain -the benefits of sectioning at a tangential angle. *Microscopy Research and Technique*, 78(1), 105-110. **【SCI, IF=1.13, Ranking in Biology, 56/86, 65%, Q3】**
71. Chu, I. H.*, Lin, Y. J., Wu, W. L., Chang, Y. K., Lin, I. M., (2015). Effects of Yoga on heart rate variability and mood in women: A randomized controlled trial. *Journal of Alternative and Complementary Medicine*, 2015, 21(12), 789-795. **【SCI, IF=1.40, Integrative & Complementary Medicine, 11/24, 46%, Q2】**
72. Cheng, M. Y., Huang, C. J., Chang, Y. K., Koester, D., Schack, T., & Hung, T. M. (2015). Sensorimotor rhythm neurofeedback enhances golf putting performance. *Journal of Sport & Exercise Psychology*, 37(6), 626-636. **【SSCI/SCI, IF=2.38; Ranking in Hospitality, leisure, sport, & tourism, 7/44, 16%, Q1】**
73. Cheng, M. Y., Hung, C. L., Huang, C. J., Chang, Y. K., Lo, L. C., Shen, C., & Hung, T. M.* (2015). Expert-Novice Differences in SMR activity during dart throwing. *Biological Psychology*, 110, 212–218. **【SSCI, IF= 3.23, Ranking in Psychology, Experimental, 12/85, 14%, Q1】**
74. Chuang, L. Y., Hung, H. Y., Huang, C. J., Chang, Y. K. & Hung, T. M. (2015). A 3-month intervention of Dance Dance Revolution improves interference control in elderly females: A preliminary investigation. *Experimental Brain Research*, 233(4), 1181-1188. **【SCI, IF=2.06; Ranking in Neurosciences: 174/256, 68%, Q3】**

2014 → IF in 2013

75. Chang, Y. K.*, Tsai, C. L., Huang, C. C., Wang, C. C., & Chu, I. H. (2014). Effects of acute resistance exercise on cognition in late middle-aged adults: General or specific cognitive improvement? *Journal of Science and Medicine in Sport*, 17(1), 51-55. **【SCI, IF=3.19;**

Ranking in Sport Sciences: 7/81, 9%, Q1】

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77. **Chang Y. K.**, Hung, C. L., Huang, C. J., Hatfield, B. D., & Hung, T. M.* (2014). Effects of an aquatic exercise program on inhibitory control in children with ADHD: A preliminary study. *Archives of Clinical Neuropsychology*, 29(3), 217-223. **【SSCI/SCI, IF=1.99; Ranking in Psychology, Clinical: 45/119, 38%, Q2】**
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80. Chen, A. G., Yang, J. Yin, H. C., Pan, C. Y., & **Chang, Y. K.*** (2014). Effects of acute aerobic exercise on multiple aspects of executive function in preadolescent children. *Psychology of Sport and Exercise*, 15(6), 627-636. **【SSCI/SCI, IF=1.90; Ranking in Hospitality, Leisure, Sport, & Tourism: 8/43, 19%, Q1】** (102-2410-H-179-014-MY3; NSC 102-2918-I-179-001-).
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82. Tsai, C. L., **Chang, Y. K.**, Chen, F. C., Hung, T. M., Pan, C. Y., & Wang, C. H. (2014). Effects of cardiorespiratory fitness enhancement on deficits in visuospatial working memory in children with developmental coordination disorder: A cognitive electrophysiological study. *Archives of Clinical Neuropsychology*, 29(2), 173-185. **【SSCI/SCI, IF=1.99; Ranking in Psychology, Clinical: 45/119, 38%, Q2】**
83. Li, L., Men, W. W., **Chang, Y. K.**, Fan, M. X., Ji, L. & Wei, G. X. (2014). Acute aerobic exercise increases cortical activity during working memory: A functional MRI study in female college students. *PLoS One*, 9(6), e99222. **【SCI, IF=3.23; Ranking in Multidisciplinary Sciences: 9/57, 16%, Q1】**
84. Huang, C. J., Lin, P. C., Hung, C. L., **Chang, Y. K.**, & Hung, T. M. (2014). Type of physical exercise and inhibitory function in older adults: An event-related potential study. *Psychology of Sport and Exercise*, 15(2), 205-211. **【SSCI/SCI, IF=1.90; Ranking in Hospitality, Leisure, Sport, & Tourism: 8/43, 19%, Q1】**
85. Lu, K. H., Wang, T. Y., Shih, C. Y., **Chang, Y. K.** Chan, K. H. (2014). Cardiac biomarkers response to high-intensity interval exercise in collegiate basketball players. *The Journal of Sports Medicine and Physical Fitness*, 54(5), 680-682. **【SCI, IF=0.97; Ranking in Sport Sciences, 60/81, 74%, Q3】**
86. Chen, W. C., Huang, W. C., Chiu, C. C., **Chang, Y. K.**, & Huang, C. C.* (2014). Whey protein improves exercise performance and biochemical profiles in trained mice. *Medicine and Science in Sports and Exercise*, 46(8), 1517-1524. **【SCI, IF =3.98; Ranking in Sport**

Sciences= 6/81, 7%, Q1】

2013

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93. **Chang, Y. K.** & Etnier, J. L. (2013). The dose-response relationship between resistance exercise intensity and cognitive performance. Does heart rate mediate this effect? *International Journal of Sport Psychology*, 44(1), 37-54. **【SSCI/SCI, IF=0.45; Ranking in Hospitality, Leisure, Sport & Tourism: 34/38, Q4; Ranking in Psychology: 64/74, Q4; Ranking in Sport Sciences: 72/81, Q4】**
94. Wu, R. E., Huang, W. C., Liao, C. C., **Chang, Y. K.**, Kan, N. W., & Huang, C. C. (2013). Resveratrol protects against physical fatigue and improves exercise performance in mice. *Molecules*, 18(4), 4689-4702. **【SCI, IF=2.10; Ranking in Chemistry, Organic: 30/58, Q3】**

2012

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Sciences: 4/84, **Top 5%, Q1**】

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98. Chang, Y. K.*, Pan, C. Y., Chen, F. T., Tsai, C. L., & Huang, C. C. (2012). Effect of resistance-exercise training on cognitive function in healthy older adults: A review. *Journal of Aging and Physical Activity, 20*(4), 497-517. **【SSCI/SCI, IF=1.85; Ranking in Gerontology: 11/31, Q2; Ranking in Sport Sciences: 29/84, Q2】**
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101. Chen, L. J., Stevinson, C., Ku, P. W., Chang, Y. K., & Chu, D. C. (2012). Relationships of leisure-time and non-leisure-time physical activity with depressive symptoms: A population-based study of Taiwanese older adults. *International Journal of Behavioral Nutrition and Physical Activity, 9* (28), 1-10. **【SCI, IF=3.58; Ranking in Nutrition & Dietetics: 15/76, Q1; Ranking in Physiology: 18/80, Q1】**

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103. Chang, Y. K.*, Tsai, C. L., Hung, T. M., So, E. C., Chen, F. T., & Etnier, J. L. (2011). Effects of acute exercise on executive function: A study with a Tower of London Task. *Journal of Sport and Exercise Psychology, 33*(6), 847-865. **【SSCI/SCI, IF=2.66; Ranking in Hospitality, Leisure, Sport & Tourism: 2/36, Q1; Ranking in Psychology, Applied: 13/73, Q1; Ranking in Sport Sciences: 13/85, Q1】** (NSC 98-2410-H-179-001)
104. Gill, D. L., Chang, Y. K., Murphy, K. M., Speed, K. M., Hammond, C. C., Rodriguez, E. A., Lyu, M. J., & Shang, Y. T. (2011). Quality of life assessment for physical activity and health promotion. *Applied Research in Quality of Life, 6*(2), 181-200. **【SSCI, IF=0.74; Ranking in Social Sciences, Interdisciplinary: 42/89, Q2】**

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105. Chang, Y. K.*, Nien, Y. H, Tasi, C. L., & Etnier, J. L. (2010). Physical activity and cognition in older adults: The potential of Tai Chi Chuan. *Journal of Aging and Physical Activity*, 18(4), 451-472. **【SSCI/SCI, IF=1.84; Ranking in Gerontology: 9/30, Q2; Ranking in Sport Sciences: 34/80, Q2】**
106. Chang, Y. K., & Hung, C. L. (2010). Physical activity and cognitive function: A review of contemporary meta-analyses. *International Journal of Sport and Exercise Psychology*, 8(4), 489-490. **【國際競技運動心理學會 (International Society of Sport Psychology) 中文版官方期刊, Scopus Q2】**
107. Barella, L. A., Etnier, J. L., & Chang, Y. K. (2010). The immediate and delayed effects of an acute bout of exercise on cognitive performance of healthy older adults. *Journal of Aging and Physical Activity*, 18(1), 87-98. **【SSCI/SCI, IF=1.84; Ranking in Gerontology: 9/30, Q2; Ranking in Sport Sciences: 34/80, Q2】**
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2009

109. Chang, Y. K., & Etnier, J. L. (2009). Exploring the dose-response relationship between resistance exercise intensity and cognitive function. *Journal of Sport and Exercise Psychology*, 31(5), 640-656. **【SSCI/SCI, IF=2.95; Ranking in Hospitality, Leisure, Sport & Tourism: 1/20, Q1; Ranking in Psychology, Applied: 5/63, Q1; Ranking in Sport Sciences: 6/73, Q1】**
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113. Etnier, J. L., Karper, W. B., Gapin, J. I., Barella, L. A., Chang, Y. K., & Murphy, K. (2009). Exercise, fibromyalgia, and fibrofog: A pilot study. *Journal of Physical Activity and Health*, 6(2), 239-246. **【SSCI, IF=1.85; Ranking in Public, Environmental and Occupational Health: 37/136, Q2】**

國內期刊論文 (Peer Reviewed Domestic Journal Publication)

TSSCI 期刊論文 (Taiwan SSCI Journal)

1. 粘瑞狄、吳治翰、吳聰義、楊高騰、念裕祥、張育愷* (已接受)。正念、正念訓練與心理健康：預設模式網絡之觀點。教育心理學報。【TSSCI】
2. 齊璘、陳豐慈、王俊智、粘瑞狄、張育愷* (已接受)。急性健身運動與執行功能之前導研究：家庭收入之調節角色。體育學報。【TSSCI】
3. 陳豐慈、粘瑞狄、吳治翰、楊高騰、張育愷* (已接受)。急性健身運動與認知功能：國際歷史與臺灣研究發展。中華心理學刊。【TSSCI】
4. 高三福、張育愷、季力康、林靜兒 (2019)。運動心理學在臺灣三十年的回顧與展望。臺灣運動心理學報, 19(1), 1-20. 【TSSCI】
5. 陳豐慈、黃植懋、王俊智、張育愷* (已接受)。身體活動與老年大腦功能：功能性磁共振造影的研究回顧。教育心理學報。【TSSCI】
6. 粘瑞狄、吳治翰、齊璘、林季燕、張育愷* (2018)。正念、執行功能與運動表現之關連。臺灣運動心理學報, 18(2), 39-56。【TSSCI】
7. 吳聰義、吳治翰、粘瑞狄、張怡潔、張育愷* (2018)。射箭選手之正念傾向、心理技能與心理韌性之研究。[A study of dispositional mindfulness, mental skills and mental toughness in archers]。臺灣運動心理學報, 18(1), 43-57。【TSSCI】
8. 陳豐慈、齊璘、張育愷* (已接受)。健身運動對倫敦塔作業之影響：文獻回顧與未來展望 [The influence of exercise intervention on cognitive function in older adults with mild cognitive impairment: An overview of past research and future prospects]。中華體育季刊。【TSSCI】
9. 馮勝賢、陳豐慈、陳代聖、粘瑞狄、張育愷* (已接受)。中等強度急性健身運動對早產兒計畫相關執行功能之影響 [Effects of Planning-Related Executive Functions in Preterm Born Children Following Acute Exercise at Moderate Intensity]。大專體育學刊, 20(1), 16-28。【TSSCI】
10. 陳豐慈、祝堅恆、齊璘、吳治翰、張育愷* (2017)。運動介入對輕度認知損傷老年人認知功能之影響：文獻回顧與未來展望 [The influence of exercise intervention on cognitive function in older adults with mild cognitive impairment: An overview of past research and future prospects]。臺灣運動心理學報, 17(1), 131-153。【TSSCI】
11. 張育愷*、宋岱芬、陳豐慈 (2017)。國際綜評性論文之分析 [Analyses of international review article]。體育學報, 50(4), 375-384。
12. 王俊智、黃啟彰、石家豪、祝堅恆、張育愷* (2016)。急性健身運動對執行功能之影響：事件相關電位與大腦神經滋養因數之研究 [Effect of acute exercise on executive function: An event-related potential and brain-derived neurotropic factor study]。體育學報, 49(S), 47-60。【TSSCI】
13. 宋岱芬、陳豐慈、祝堅恆、齊璘、劉思聰、張育愷* (2017)。肥胖、心血管適能與抑制相關執行功能之關係：事件相關電位研究 [Obesity and cardiovascular fitness associated with inhibition of executive function: An ERP study]。體育學報, 50(1), 43-56。【TSSCI】

14. 楊文中、陳豐慈、吳聰義、陳麗華、張育愷* (2016)。健身運動對記憶相關認知功能之影響 [Effects of exercise on memory related cognitive function]。臺灣運動心理學報，16(2)，57-83。【科技部教育學門 A 級期刊】。
15. 陳豐慈、祝堅恆、楊高騰、張育愷* (2015)。孩童心肺適能、認知功能與大腦之關聯：以核磁共振造影研究進行回顧 [Cardiovascular fitness is associated with cognitive functions and brain in children: A review of magnetic resonance imaging studies]。臺灣運動心理學報，15(2)，149-168。【TSSCI】
16. 王俊智、吳聰義、吳治翰、張育愷* (2015)。健身運動對執行功能的影響：威斯康辛卡片分類測驗的視角 [Effect of exercise on executive function: Wisconsin Card Sorting Test perspective]。臺灣運動心理學報，15(2)，107-126。【TSSCI】
17. Wang, C. C., Ku, P. W., Lin, C. Y., & Ratey, J. J., & Chang, Y. K.* (2014). An overview of the relationship between exercise and anxiety disorders. 健身運動對焦慮性疾患影響之回顧研究。臺灣運動心理學報，14(1)，51-70。【TSSCI】
18. 王俊智、祝堅恆、吳建霆、林季燕、張育愷* (2014)。急性有氧健身運動對威斯康辛卡片分類測驗表現之前導研究 [A preliminary study of acute exercise effect on Wisconsin Card Sorting Test]。臺灣運動心理學報，14(2)，15-31。【TSSCI】
19. 齊璘、陳豐慈、祝堅恆、張育愷* (2014)。男大專生身體適能與認知功能之關聯 [Relationship between Physical Fitness and Cognitive Function in Male College Students]。大專體育學刊，16(3)，311-320。【TSSCI】
20. 張育愷*、洪聰敏 (2014)。臺灣運動與體育領域學術期刊論文發表之現況分析 [Analysis of Trend of Academic Publication in Exercise, Sport, and Physical Education in Taiwan]。體育學報，47(1)，1-9。【TSSCI】
21. 洪巧菱、陳衣帆、黃崇儒、張育愷*、洪聰敏 (2014)。射擊準備期的大腦活動：射擊與動作需求之比較 [Brain dynamics during the shooting preparatory period: A comparison of shooting and motor demands]。體育學報，47(2)，195-204。【TSSCI】
22. 張育愷*、祝堅恆、王俊智、楊高騰 (2013)。以磁共振造影取向探討身體活動與神經認知功能老化：回顧與展望 [Exploring the Relationship between Physical Activity and Aging of Neurocognitive Functioning Aging: A Magnetic Resonance Imaging Approach]。教育心理學報，45(1)，83-102。【TSSCI】(NSC 101-2628-H-179-002-)
23. 陳豐慈、王俊智、齊璘、張育愷* (2013)。急性健身運動對計畫相關執行功能在立即與延續時間之影響：前導研究 [Effects of Acute Exercise on Immediate and Sustained Time in Planning of Related Executive Function: A Preliminary Study]。大專體育學刊，15(1)，29-39。【TSSCI】
24. 陳豐慈、王俊智、祝堅恆、張育愷* (2013)。急性有氧健身運動對計畫相關執行功能之影響 [Effect of acute aerobic exercise on planning-related executive function]。體育學報，46(1)，45-54。【TSSCI】
25. 王俊智、陳豐慈、齊璘、張育愷* (2012)。急性健身運動時對威斯康辛卡片分類測驗之影響 [Effect of Acute Exercise on Wisconsin Card Sorting Test]。大專體育學刊，14(3)，349-358。【TSSCI】
26. 張育愷*、祝堅恆 (2012)。體育與運動的 SCI 與 SSCI [SCI and SSCI in physical education, sport, and exercise]。體育學報，45(2)，79-91。【TSSCI】

27. 張育愷*、吳聰義 (2011)。急性健身運動對認知功能的影響：事件相關電位的文獻回顧 [Effects of acute exercise on cognitive function: A review of event-related potentials]。體育學報，44(1)，1-28。【TSSCI】

其他期刊論文 (Others)

28. 張育愷 (2019)。從運動找到自信、由自信拓展人生。人文與社會科學簡訊，20(3)，142-145。
29. 胡怡君等 (2019)。臨床護理主管工作倦怠與工作壓力、工作—家庭衝突之相關性探討，新臺北護理期刊，21，27-38。
30. 吳治翰、陳豐慈、林季燕、張育愷* (2019)。正念對心理健康之影響：事件關聯電位與功能性磁共振造影之近期研究回顧。應用心理研究(70)，3-39。【台灣應用心理學會官方刊物、台灣人文社會科學引文索引系統類最具影響力人社期刊心理學門第三名】
31. 吳治翰、粘瑞狄、齊璘、林季燕、張育愷 (2018) 運動員之正念傾向水平對運動心理技能、運動心理韌性之影響，運動教練科學 51 期 (2018 年 9 月)
32. 張晏山、陳豐慈、宋岱芬、張育愷* (2017)。急性健身運動與執行功能之劑量反應關係 [Dose-Response Relationship between Acute Exercise and Executive Function]。大專體育。142，35-44。【科技部教育學門 B 級期刊】。
33. 張育愷*、周成林、陳愛國、顏軍、洪聰敏 (2017)。慢性鍛煉與認知功能關係的回顧與展望——國際歷史發展的視角 [Review and Prospect for Chronic Exercise and Cognitive Function——Historical Development from International Perspective]。體育科學，37(5)，68-79。
34. 吳治翰、念裕祥、吳聰義、張育愷* (2017)。正念訓練與運動表現之關聯 [The Relationship between Mindfulness and Sport Performance]。運動教練科學，48 【科技部教育學門 B 級期刊】
35. 吳聰義、吳治翰、邱炳坤、張育愷*、張怡潔 (2017)。自我對話在射箭之介紹與運用 [Self-Talk in Archery: Introduction and Implications]。運動教練科學，(45)，107 - 118。【科技部教育學門 B 級期刊】
36. 劉人豪、吳治翰、宋岱芬、張育愷*、齊璘 (2017)。不同運動類型與認知功能之關聯 [The Association between Different Modes of Exercise and Cognitive Function]。運動教練科學，(46)，103 - 118。【科技部教育學門 B 級期刊】
37. 王俊智、宋岱芬、祝堅恆、張育愷* (2016)。健身運動與認知功能：大腦神經滋養因數調節機制之探討 [Exercise and Cognitive Function: A BDNF-Moderated Mechanism]。應用心理研究，64，95-134。【TSSCI 觀察名單】 (NSC 101-2628-H-179-002，NSC 102- 2918 -I -179 -001-)
38. 吳治翰、陳豐慈、齊璘、張育愷* (2016)。身體活動與創造力關聯之初探 [A Preliminary Review on the Association Between Physical Activity and Creativity]。運動教練科學，43，97-106。【科技部教育學門 B 級期刊】
39. 吳聰義、張怡潔、邱炳坤、張育愷* (2016)。意象訓練在射箭之介紹與運用 [Imagery Training in Archery: Introduction and Implications]。運動教練科學，43，87-95。【科技

部教育學門 B 級期刊】

40. 陳豐慈、張育愷* (2015)。運動、認知功能與大腦的相遇：磁共振造影之過去與未來。人文與社會科學簡訊，16(4)，83-89。
41. 宋岱芬、張育愷*、林季燕 (2015)。肥胖與體適能對孩童認知功能之影響 [Effects of obesity and fitness on cognitive function in children]。中華體育季刊，29(3)，229-236。**【科技部教育學門 B 級期刊】**。
42. 吳治翰、齊璘、張育愷* (2015)。以磁共振成像回顧健身運動與大腦結構之關聯 [A Review of Magnetic Resonance Imaging in the Relationship between Exercise and Brain Structure]。中華體育季刊，29(2)，153-160。**【科技部教育學門 B 級期刊】**。
43. 劉人豪、詹貴惠、張育愷* (2015)。健身運動對肥胖者認知功能之影響 [Exercise Effect on Cognitive Functions in an Obese Population]。大專體育，134，74-84。**【科技部教育學門 B 級期刊】** (NSC 102-2410-H-179-014-MY3)
44. 陳豐慈、張育愷* (2015)。運動與大腦革命性的新發現。國民體育季刊，182，83-87。**【教育部體育屬官方期刊】**
45. 張育愷* (2014)。健身運動對孩童認知、大腦功能及學業表現之效益。教育生物學雜誌，2，75-81。
46. 張育愷* (2013)。邁向體育運動領域的學術頂尖；回顧 2012 年心得紀要。人文與社會科學簡訊，14(2)，93-100。**【國家科學委員官方期刊】**
47. 張育愷* (2013)。激發運動員的顛峰表現-運動心理學。科學發展，492，30-35。**【國家科學委員官方雜誌】**
48. 陳豐慈、張育愷* (2012)。阻力健身運動對老人認知功能影響之回顧 [A Review of the Effect of Resistance Exercise on Cognitive Function in Older Adults]。臺灣運動心理學報，12(2)，37-56。**【國家科學委員會體育學門一級期刊】**
49. 張育愷*、王俊智、祝堅恆 (2012)。身體活動流行病學研究設計之概述 [Foundational concept of research designs in physical activity epidemiology]。中華體育季刊，26(3)，283-290。**【國家科學委員會體育學門一級期刊】**
50. 張育愷*、陳豐慈 (2011)。急性有氧健身運動對執行功能影響之探討：以施測時間點與神經心理測驗的視角 [Examining the effect of acute aerobic exercise on executive function: Assessing time points and neuropsychological perspectives]。臺灣運動心理學報，18，1-16。**【國家科學委員會體育學門一級期刊】**
51. 張育愷*、顏士弦 (2011)。心理韌性在競技運動情境之探討 [A preliminary review of mental toughness on sport]。中華體育季刊，25(3)，499-508。**【國家科學委員會體育學門一級期刊】**
52. 張育愷* (2011)。體育課促進學業表現？！：當代觀點 [The current view of physical education and academic achievement]。學校體育雙月刊，123，44-49。**【教育部體育司官方期刊】**
53. 張育愷*、郭慈慧 (2010)。運動意象理論之進程：功能性等同假說 [The advance of imagery theory: Functional equivalence]。中華體育季刊，24(4)，82-92。**【國家科學委員會體育學門一級期刊】**
54. 張育愷*、林珈餘 (2010)。身體活動對孩童認知表現的影響 [Effect of physical activity on cognitive performance in children]。中華體育季刊，24(2)，83-92。**【國家科學委員**

會體育學門一級期刊】

55. 張育愷*、鄭世忠 (2010)。身體活動流行病學的概念與方法 [The concept and approaches of physical activity Epidemiology]。中華體育季刊，24(1)，13-22。【國家科學委員會體育學門一級期刊】
56. 張育愷* (2009)。以心生理與神經心生理學的視角探討壓力與健身運動 [Examining the research of stress and exercise from psychophysiological and neuro-psycho-physiological perspectives]。臺灣運動心理學報，14，51-71。【國家科學委員會體育學門一級期刊】
57. Hung, T, Hung, C., Fong, D., **Chang, Y. K.**, Kao, J., Lo, L. (2003). The effects of uncertainty on attention in table-tennis players and nonathletes. *Taiwan Journal of Sport & Exercise Psychology*, 3, 97-110. (NSC 89-2413-H-154-003) 【國家科學委員會體育學門一級期刊】
58. 洪聰敏、羅麗娟、豐東洋、張育愷*、高竟峰、洪巧菱、張弓弘、陳堅錐、張鼎乾 (2001)。桌球運動員與非運動員在前動作時間、動作時間與反應時間之比較 [A comparison between table tennis players and nonathletes on premotor time, motor time, and reaction time]。臺灣運動心理學報，1，81-97。(NSC 89-2413-H-154-003) 【國家科學委員會體育學門一級期刊】
59. 豐東洋、洪聰敏、張育愷* (2001)。焦慮對事件關連電位及反應時間影響之探討 [The effects of anxiety on event-related potentials and reaction time]。臺灣運動心理學報，1，99-119。(NSC 89-2413-H-154-07) 【國家科學委員會體育學門一級期刊】
60. 張育愷*、洪聰敏、陳錦龍、豐東洋、楊坤祥、潘孝貴 (2001)。肌肉疲勞對事件關聯電位及反應時間的影響 [The effect of muscle fatigue on event-related potential and reaction time]。北體學報，9，149-161。【國家科學委員會體育學門二級期刊】

博碩士論文 (Dissertation and Thesis)

1. **Chang, Y. K.** (2008). Exploring the dose-response relationship between acute resistance exercise intensity and cognitive function. Unpublished dissertation, University of North Carolina at Greensboro, NC, USA.
2. 張育愷。(2001)。不同程度之局部肌肉疲勞與認知作業對於事件關聯電位及反應時間之影響研究 [The effect of local muscular fatigue on cognitive performance: An event-related potential study.]。未出版碩士論文，臺北市立體育學院，臺北市，臺灣。

其他專著 (Other Publication)

(I) 專書 (Book)

1. 張育愷 (2018)。原傳程派高式八卦掌系列：八卦揉身連環掌抉微。臺北市：逸文出版有限公司。
2. Liu, Shuhnag, Ge, Guoliang, & Li, Xueyi (in press). *Gao Style of Cheng School Ba Gua Zhang Manual: Ba Gua Supple Body Connected Palm*. Translated by Yu-Kai Chang.
3. 張世博、張育愷 (2003)。孫紹崇宗師武藝資料彙編。臺北市：逸文出版有限公司。

(II) 專文 (Articles)

1. 張世博、張育愷、張明峰 (2004)。「程派高氏八卦掌」體系探源及傳承闡微。臺灣武林，19，18-44。
2. 張育愷 (2004)。憶武林名家臺灣內家拳先驅者-謝吉生先生。臺灣武林，18，12-19。
3. 張育愷 (2004)。守中執中「楊氏太極拳」楊守中宗師軼事及在臺拳系。臺灣武林，18，20-27。
4. 張育愷 (2004)。憶民初國術教育之搖籃-山東國術館。臺灣武林，17，4-11。
5. 張育愷 (2004)。山東國術館八極拳。臺灣武林，17，12-13。
6. 張育愷 (2004)。山東國術館八極拳講義。臺灣武林，17，14-31。
7. 張育愷 (2003)。三步點槌法概述。臺灣武林，16，16-33。

專業經歷 (Professional Experience)

研究計畫 (Research Grant)

- 2019 教育部體育屬--本「師生赴泰國運動參訪交流」及「師生赴泰國參加國際運動心理學研討會」
執掌：計畫主持人
核定金額：448,101 NT dollars
- 2019-2020 科技部-- 108 年度臺德 (MOST-DAAD) 雙邊合作計畫人員交流 PPP 計畫 (1/2)
執掌：計畫主持人
核定金額：XXXX NT dollars
- 2018-2020 科技部-- MOST 107-2628-H-179 -001 -MY3
執掌：計畫主持人
計畫名稱：心肺適能、ApoE e4 基因型及其交互作用對中老年人認知功能與認知衰退之關連：前瞻性研究
核定金額：3,065,000 NT dollars
- 2018-2019 教育部補助新南向計畫之「強化與東協及南亞國家合作交流學術型領域聯盟(教育及人文領域)」執掌：計畫主持人
計畫名稱：Acute Exercise and Executive Function in Middle-Late-Aged Older Adults: Dose-Response Examination for Exercise Duration
核定金額：200,000 NT dollars
- 2016-2019 科技部--MOST105-2628-H-179 -001 -MY3
執掌：計畫主持人
計畫名稱：建置中老年人急性健身運動與神經認知功能之健身運動處方：容量、強度、時間及 ApoE 基因之角色
核定金額：4,636,000 NT dollars
- 2013-2016 行政院國家科學委員會—吳大猷先生紀念獎計畫 (NSC 102- 2410- H- 179- 014- MY3)
執掌：計畫主持人
計畫名稱：孩童肥胖、體適能、認知功能之關係：行為、事件關聯電位、磁共振造影觀點之多年期研究
核定金額：3,660, 000 NT dollars
- 2013-2016 行政院國家科學委員會--心智腦科學影像研究計畫 (NSC 102- 2420- H -179 -001- MY3)
執掌：計畫主持人
計畫名稱：不同健身運動型態對記憶功能之影響：功能性磁共振造影之縱貫式研究
核定金額：3,533,000 NT dollars
- 2013 行政院國家科學委員會—科技人員研究及進修 (NSC 102- 2918 -I -179 - 001-)
執掌：計畫主持人
計畫名稱：急性運動與身體適能對大學生認知功能之影響：前導研究

- 核定金額：288,000 NT dollars
2013-2017 教育部--教育部培育優秀青少年運動人才計畫(101 年度執行案)
計畫名稱：教育部 101 年度培育優秀原住民青少年運動人才計畫
執掌：運動心理學分案計畫主持人
核定金額：700,000 NT dollars
- 2012 行政院國家科學委員會--優秀年輕學者研究計畫 (NSC 101-2628-H-179-002)
執掌：計畫主持人
計畫名稱：Effects of Fitness and Exercise Modality on Planning and Brain Structure: A Tower of London Task and Structural MRI Study
核定金額：1,479,000 NT dollars
- 2012 行政院國家科學委員會--專題研究計畫 (NSC 101-2410-H-194-126-MY2)
執掌：共同主持人
計畫名稱：有氧運動對注意力缺陷過動症學童在執行功能之影響
核定金額：1,084,000 NT dollars
- 2011 教育部--教育部培育優秀青少年運動人才計畫(100 年度執行案)
計畫名稱：教育部 100 年度培育優秀原住民青少年運動人才計畫
執掌：運動心理學分案計畫主持人
核定金額：730,000 NT dollars
- 2011 行政院國家科學委員會--優秀年輕學者研究計畫 (NSC 100-2628-H-179-001)
執掌：計畫主持人
計畫名稱：急性有氧健身運動與身體適能對老年族群認知功能的影響：神經心理測驗與事件相關電位之研究
核定金額：843,000 NT dollars
- 2011 行政院國家科學委員會—新進人員計畫 (NSC 100-2410-H-037-013-)
執掌：共同主持人
計畫名稱：瑜珈對女性憂鬱症狀及心率變異度之影響
核定金額：768,000 NT dollars
- 2010 行政院國家科學委員會--新進人員研究計畫 (NSC 99-2410-H-179-001)
執掌：計畫主持人
計畫名稱：急性阻力運動對高齡者認知功能之影響：由神經心理測驗與事件相關電位之視角”
核定金額：795,000 NT dollars
- 2010 行政院國家科學委員會--整合型計畫 (NSC 99-2410-H-003-144-MY3)
執掌：子計畫共同主持人
計畫名稱：“推動高齡者在社區健康老化研究--運動類型對老人認知功能影響的事件關連電位研究”
核定金額：2,717,000 NT dollars
- 2009 行政院國家科學委員會--新進人員研究計畫 (NSC 98-2410-H-179-001)
計畫名稱：以隨機對照試驗法探討阻力運動對認知功能在中年族群之劑量反應與仲介變項研究急性阻力運動對高齡者認知功能之影響：由神經心理測驗與事件相關電位之視角”

核定金額：709,000 NT dollars

- 2004 ~
2008 Research Assistant, Department of Exercise and Sport Science at The University
 of North Carolina at Greensboro
 (美國北卡羅萊納大學格林斯堡校區，研究助理)
- 2004 雅典奧運運動科學小組 (運動心理學組)，研究助理
- 2001 國科會 (NSC89-2314-B-133-002)，研究助理
- 2001 國科會 (NSC89-2413-H-154-003)，研究助理
- 2001 國科會 (NSC9-2413-H-154-07)，研究助理

其他活動 (Other Activities)

國際專業組織會員 (International Memberships)

2005 ~ present	American College of Sports Medicine (ACSM)
2002 ~ present	North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
2008~ present 2001	International Society for Sport Psychology (ISSP)
2000	International Association for Physical Education in Higher Education (IAPEHE)

教學經歷 (Teaching Experience)

2012~ present	Graduate Institute of Athletic and Coaching Science, National Taiwan Sport University
2009 ~ 2012	Graduate Institute of Coaching Science, National Taiwan Sport University
2008	Guest Lecturer, Sport and Exercise Psychology: Advance
2008	Guest Lecturer, Sport and Exercise Psychology
2007	Guest Lecturer, Weight Training
2007 ~ 2008	Guest Lecturer, Conditioning
2006 ~ 2007	Supervise, Undergraduate Student Assistantship
2006	Teaching Assistant, Exercise Adherence
2004/02 ~ 2004/07	臺北市麗山國民中學，體育代課專任教師

武術專業經歷 (Chinese Martial Art Professional Experience)

得獎事蹟 (Award)

- 2015 2015 年第十四屆世界國術錦標賽，男子內家拳銀牌
- 2015 2015 年第十四屆世界國術錦標賽中華代表隊選手
- 2007 美國國術國際冠軍賽，楊式太極拳高級組，冠軍
- 2007 美國國術國際冠軍賽，形意拳器械組，冠軍
- 2007 美國國術國際冠軍賽，太極拳對練組，冠軍
- 2007 美國國術國際冠軍賽，八卦掌器械組，冠軍
- 2006 入選當代中華武術大典之卷三“當代中華武壇菁英名錄”
- 2006 美國國術國際冠軍賽，大會邀請宗師表演
- 2006 美國國術國際冠軍賽，楊式太極劍組，冠軍
- 2006 美國國術國際冠軍賽，形意拳組，冠軍
- 1999 代表我國參加 1999 年國際傳統武術暨絕技大賽，形意拳組，特別優秀獎
- 1999 代表我國參加 1999 年國際傳統武術暨絕技大賽，八卦滾手刀，
優秀獎
- 1999 中華民國大專院校國術暨太極拳推手錦標賽，個人組內家拳，第二名
- 1999 中華民國大專院校國術暨太極拳推手錦標賽，太極拳推手，
第三名
- 1998 高雄市第七屆市長盃太極拳錦標賽，社男組推手，亞軍
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