

## **黃昱倫 Yu-Lun Huang**

### **PhD, ATC (US), ATC (TW), EMT-1**

#### ***聯絡資訊***

#### ***Contact Information***

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No. 162, Sec. 1, Heping E. Rd., Da'an Dist., Taipei City

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#### **現職 (CURRENT EMPLOYMENT)**

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##### **國立臺灣師範大學 National Taiwan Normal University, Taiwan**

體育與運動科學系，優聘助理教授 (2023 - )

Outstanding Assistant Professor, Department of Physical Education and Sport Sciences (January 2023 -)

體育與運動科學系，助理教授 (2021 - )

Assistant Professor, Department of Physical Education and Sport Sciences (August 2021 -)

Clinical Education Coordinator, Athletic Training Program (August 2022 -)

#### **教學與行政經歷 (CURRICULUM & ADMINISTRATIVE APPOINTMENTS)**

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##### **美國威斯康辛大學 - 歐克萊爾校區 University of Wisconsin - Eau Claire, USA**

人體運動學系，助理教授 (2019 - 2021)

Assistant Professor (tenure track), Department of Kinesiology (August 2019 - 2021)

運動防護學門，運動防護臨床實習教育協調長 (2019 - 2021)

Clinical Education Coordinator, Athletic Training Program (August 2019 – 2021)

##### **美國奧瑞岡州立大學 Oregon State University, USA**

公共衛生與人類科學學院，人體運動學系，研究生教學助理 (2015- 2019)

Graduate Teaching Assistant, College of Public Health and Human Sciences (September 2015- June 2019)

##### **國立體育大學 National Taiwan Sport University, Taiwan**

運動與健康科學學院，運動保健學系，研究生教學助理 (2008 - 2009)

Teaching Assistant, Department of Athletic Training and Health College of Exercise and Health Sciences  
(2008 –2009)

## 學歷 (EDUCATION)

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- 2019      美國奧瑞岡州立大學 **Oregon State University**, Corvallis, OR, USA  
公共衛生與人類科學學院，人體運動學系，博士  
主修：神經運動生物力學  
Doctor of Philosophy in Kinesiology, Biophysical - Neuromechanics Concentration  
College of Public Health and Human Sciences  
School of Biological and Population Health Sciences  
指導教授 (Advisor)： Marc Norcross, PhD, ATC  
博士論文 (Dissertation) – “The Influence of Quadriceps Rate of Torque Development and Arthrogenic Muscle Inhibition on Knee Landing Mechanics during Different Landing Tasks in ACL Reconstructed Females”  
– 美國運動傷害防護學會 博士研究計畫經費補助  
Funded by the National Athletic Trainers’ Association Foundation
- 2018      美國奧瑞岡州立大學 **Oregon State University**, Corvallis, OR, USA  
高等教育 教育學程  
Graduate Certificate in College and University Teaching  
指導教授 (Advisor)： Jessica White, PhD
- 2015      美國德州大學 - 阿靈頓校區 **The University of Texas at Arlington**, Arlington, TX, USA  
護理與健康革新學院，運動防護碩士  
Master of Science in Athletic Training  
College of Nursing and Health Innovation  
指導教授 (Advisor)： Cindy Trowbridge, PhD, ATC, LAT  
畢業成果報告 (Capstone Project) – “What are the Knee Kinematics, Muscle Activation and Functional Performances Changes Associated with Protective Knee Brace on ACL Deficient Patients, Clinically Appraised Topic”
- 2012      國立體育大學 **National Taiwan Sport University**, Taoyuan, Taiwan  
運動與健康科學學院，運動保健學系運動防護組，碩士  
Master of Science in Athletic Training and Health  
College of Exercise and Health Sciences

**指導教授 (Advisor)：**黃啟煌, PhD, ATC

**碩士論文 (Thesis)** – 貼紮介入對前十字韌帶缺損者膝關節運動學、自我效能與功能性表現之影響 (The Effects of Protective Strapping on Knee Kinematics, Self-efficacy and Functional Performance in Patients with ACL Deficiency)

– 國科會研究計畫之子計畫

Branch of a research project funded by the Taiwan National Science Council

2010

**國立體育大學 National Taiwan Sport University**, Taoyuan, Taiwan

運動與健康科學學院，運動保健學系運動防護組，學士

Bachelor of Science in Athletic Training and Health

College of Exercise and Health Sciences

**指導教授 (Advisor)：**黃啟煌, PhD, ATC、陳雅琳, MS, ATC

**畢業成果報告 (Graduation Project)** – 奧運柔道運動員前十字韌帶之個案報告  
(Anterior Cruciate Ligament Tear of an Olympic Judo Athlete - A Case Report)

### **專業證照 (PROFESSION CERTIFICATION/LICENSURES)**

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1. 美國運動防護師證照，證號：2000020625  
Certified Athletic Trainer, Board of Certification–National Athletic Trainers’ Association, USA, Current, Certification Number: 2000020625, BOC number: BOC293025
2. 美國國家醫療保健者，證號：1578155644  
National Provider Identifier, U.S. Centers for Medicare & Medicaid Services, USA, Current, NPI Number: 1578155644
3. 美國威斯康辛州運動防護師證照，證號：2325 – 39  
Wisconsin State Licensed Athletic Trainer, Department of Safety and Professional Services, 2019-2020, 2325 – 39
4. 台灣運動防護員證照，證號：980003  
Certified Athletic Trainer, Taiwan Athletic Trainers’ Society, Taiwan, Current, Certification Number: 980003
5. 台灣初級救護技術員  
Certified Emergency Medical Technician-1, Taiwan Emergency Medical Technician Association, Taiwan, Current

## **國內外專業組織會員 (PROFESSIONAL ORGANIZATIONS AND MEMBERSHIPS)**

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- 美國運動傷害防護學會會員，會員號碼 # 66979  
National Athletic Trainers' Association Member # 66979
- 美國威斯康辛州運動傷害防護協會會員，會員號碼 # 66979  
Wisconsin Athletic Trainers' Association Member # 66979
- 台灣運動防護學會證照會員，會員號碼 # 98003  
Taiwan Athletic Trainer' Society Member # 98003

## **教學相關證照 (TEACHING CERTIFICATION)**

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- 高等教育學程，美國奧瑞岡州立大學  
Graduate Certificate in College and University Teaching, Oregon State University
- EMI 英語授課證書，英國劍橋大學語言測評考試院  
Certificate in English Medium Instruction, Cambridge English Language Assessment

## **授課經歷 (CURRICULUM EXPERIENCE)**

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**國立臺灣師範大學 National Taiwan Normal University, Taiwan**

**大學部課程 (運動傷害防護學程) Course Instructor for Undergraduates (Athletic Training Education Program)**

- PEU0067 運動傷害與防護學 (2021-)
- PEU0067 Sport Injury and Prevention (2021-)
- PEU0292 運動貼紮與臨床實作 (2021)
- PEU0292 Athletic Taping and Clinical Application (2021)
- PEU0292 運動貼紮與臨床實作 (全英授課) (2022-)
- PEU0292 Athletic Taping and Clinical Application (English Medium Instruction) (2022-)
- PEU0295 基礎儀器治療學 (2021-)
- PEU0295 Basic Therapeutic Modalities (2021-)
- PEU0291 運動防護導論 (2022-)
- PEU0291 Introduction of Athletic Training (2022-)
- PEU0294 運動推拿指壓學 (2022-)
- PEU0294 Sports Massage (2022-)
- PEU0298 運動保健之經營與管理 (2022-)
- PEU0298 Management of Athletic Training & Health (2022-)
- PEU0299 運動防護實習 (一) (2022-)

PEU0299 Athletic Training Practicum (I) (2022-)  
PEU0300 運動防護實習 (二) (2023-)  
PEU0300 Athletic Training Practicum (II) (2023-)  
PEU0315 實證運動防護復健與訓練 (2025-)  
PEU0315 Evidence-Based Rehabilitation and Conditioning in Athletic Training (2025-)  
PEU0030 運動生物力學 (2023)  
PEU0030 Biomechanics of Sports (2023)

#### **其他大學部課程 Other Course Instructor for Undergraduates**

0SUG534 大學入門 (2022)  
0SUG534 Introduction to University Studies (2022)

#### **碩博士課程 Course Instructor for Graduate Program**

PEC0103 骨骼系統生物力學 (2021)  
PEC0103 Biomechanics of Skeletal System (2021)  
PEC0103 骨骼系統生物力學 (全英授課) (2022-)  
PEC0103 Biomechanics of Skeletal System (English Medium Instruction) (2022-)

#### **美國威斯康辛大學 - 歐克萊爾校區 University of Wisconsin - Eau Claire, USA**

##### **大學部課程老師 Course Instructor for Undergraduates**

KINS 304 運動生物力學 (2019-2021)  
Lecture Instructor – KINS 304 Biomechanics (undergraduate) (2019-2021)  
KINS 346 急救課程 (2019-2021)  
Lecture Instructor – KINS 346 First Responder Apprenticeship (undergraduate) (2019-2021)  
KINS 275 運動傷害預防與照護 (2019-2021)  
Lecture Instructor – KINS 275 Prevention and Care of Athletic/Exercise Injuries (undergraduate) (2019-2021)  
KINS 415 運動防護實驗與臨床實習 III (四年級) (2019-2021)  
Laboratory Instructor – KINS 415 Athletic Training Lab and Practicum III (undergraduate) (2019-2021)  
KINS 294 人體解剖運動學實驗課 (2019-2021)  
Laboratory Instructor – KINS 294 Anatomical Kinesiology (undergraduate) (2019-2021)

## **美國奧瑞岡州立大學 Oregon State University, USA**

### **大學部課程老師 Course Instructor for Undergraduates**

KIN 380 儀器治療學 (2017 – 2019)

Lecture Instructor – KIN 380 Therapeutic Modalities (undergraduate) (2017-2019)

KIN 360 運動防護學與傷害管理 (2019)

Lecture Instructor – KIN 360 Injury Management for the Physically Active (undergraduate) (2019)

KIN 360 運動防護學與傷害管理：遠距線上課程 (2018)

Lecture Instructor – KIN 360 Injury Management for the Physically Active (undergraduate, online) (2018)

KIN 321 人體動作生物力學：遠距線上課程 (2018-2019)

Lecture Instructor – KIN 321 Biomechanics of Human Movement (undergraduate, online) (2018-2019)

KIN 380 儀器治療學實務操作 (2016 - 2018)

Laboratory Instructor – KIN 380 Therapeutic Modalities (undergraduate) (2016-2018)

KIN 385 運動治療學實務操作 (2017)

Laboratory Instructor – KIN 385 Therapeutic Exercises (undergraduate) (2017)

### **大學部教學助理 Teaching Assistant for Undergraduates**

HHS 231 終身健身與健康促進 (2015-2017, 2018)

Teaching Assistant – HHS 231 Lifetime Fitness for Health Program (undergraduate) (2015-2017, 2018)

### **運動防護碩士班教學助理 Teaching Assistant for Master of Athletic Training**

KIN 584 儀器治療學 (2019)

Teaching Assistant – KIN 584 Therapeutic Modalities (graduate) (2019)

KIN 520 上肢骨骼肌肉傷害評估 (2019)

Teaching Assistant – KIN 520 Orthopedic Assessment of the Upper Extremity (graduate) (2019)

KIN 569 實證醫學與研究 (2018)

Teaching Assistant – KIN 569 Evidence-Based Practice (graduate) (2018)

## **國立體育大學 National Taiwan Sport University, Taiwan**

### **大學部教學助理 Teaching Assistant for Undergraduates**

運動傷害評估學 (2008 – 2009)

Teaching Assistant – Physical Examination and Rehabilitation of Athletic Injuries (undergraduate) (2008-2009)

## **專業臨床經歷 (CLINICAL PROFESSIONAL EXPERIENCES)**

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2014 世界體操學院競賽 (美國) 大會運動防護員

World Gymnastics Academy, Plano, Texas, 2014

2013 亞洲盃柔道錦標賽 (曼谷) 中華台北柔道代表隊運動防護員

Asian Senior Judo Championships in Thailand, 2013

2011 亞洲盃柔道錦標賽 (阿布達比) 中華台北柔道代表隊運動防護員

Asian Senior Judo Championships in Abu Dhabi, 2011

2010 世界盃柔道錦標賽 (東京) 中華台北柔道代表隊運動防護員

Judo World Championships in Japan, 2010

2010 亞洲運動會 (廣州) 中華台北女子籃球隊助理運動防護員

Asian Games in China for Woman Basketball Team, 2010

2009 亞洲青年暨青少年柔道錦標賽 (曼谷) 中華台北國家隊柔道代表隊運動防護員

16<sup>th</sup> Youth and Junior World Judo Championships in Thailand, 2009

2009 世界運動會 (高雄) 大會運動防護員

The World Games in Taiwan, 2009

## **獲獎榮譽 (HONORS & AWARDS)**

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1. 2025 國立臺灣師範大學，114 年度教學優良獎

*Excellence in Teaching Award, National Taiwan Normal University, Taiwan, 2025*

Amount awarded: \$60, 000 NTD (2,000 USD) total

2. 2024-2025 國立臺灣師範大學，獎勵特殊優秀人才 (國家科學及技術委員會)

*Distinguished Talent Incentive Award (National Science and Technology Council), National Taiwan Normal University, Taiwan, 2024-2025*

Amount awarded: \$10, 000 NTD per month, \$120, 000 NTD (3,750 USD) total

3. 2024 國立臺灣師範大學，111年度學術論文暨專書獎助

*Grant for Academic Journal Articles and Scholarly Monographs, National Taiwan Normal University, Taiwan, 2024*

Amount awarded: \$50, 000 NTD (1667 USD) total

4. 2022-2024 國立臺灣師範大學，獎勵學術卓越教師 - 優聘助理教授  
*Outstanding Instructors Incentive - Outstanding Assistant Professor*, National Taiwan Normal University, Taiwan, 2022-2024  
Amount awarded: \$15, 000 NTD per month, \$540, 000 NTD (18,000 USD) total
5. 2022 國立臺灣師範大學，111年度學術論文暨專書獎助  
*Grant for Academic Journal Articles and Scholarly Monographs*, National Taiwan Normal University, Taiwan, 2022  
Amount awarded: \$10, 000 NTD (333 USD) total
6. 2020 美國威斯康辛大學 - 歐克萊爾校區，年度學術成果獎  
*2020 Annual Authors Celebration*, University of Wisconsin-Eau Claire, USA, 2020
7. 2019 美國威斯康辛大學 - 歐克萊爾校區女子籃球隊，教學優良獎  
*Teacher Appreciation*, Women Basketball Team, University of Wisconsin-Eau Claire, USA, 2019
8. 2019 美國運動傷害防護協會研究基金會，博士生海報發表獎決賽  
*Doctoral Poster Award Finalist*, Presentation of the NATA Foundation Free Communications Student Award Competition, National Athletic Trainers' Association, USA, 2019
9. 2019 美國奧瑞岡州立大學研究生學院，博士學位論文成就獎  
*Thesis/Dissertation Completion Award*, Graduate School, Oregon State University, USA, 2019  
Amount awarded: \$ 2067.95 USD
10. 2019 美國奧瑞岡州立大學公共衛生與人類科學學院，Art Koski Memorial Travel Award 獎學金  
*Art Koski Memorial Travel Award*, College of Public Health and Human Sciences, School of Biological and Population Health Sciences, Oregon State University, USA, 2019  
Amount awarded: \$ 500 USD
11. 2018 美國運動傷害防護協會，PFATS Robert H. "Bobby" Gunn 獎學金  
*PFATS Robert H. "Bobby" Gunn Scholarship*, National Athletic Trainers' Association, USA, 2018  
Amount awarded: \$ 2300 USD
12. 2018 美國奧瑞岡州立大學公共衛生與人類科學學院，Durbin 獎學金  
*Durbin Fellowship*, College of Public Health and Human Sciences, Oregon State University, USA, 2018  
Amount awarded: \$1700 USD
13. 2018 美國西北運動傷害防護協會，Bob Peterson Post-Professional 獎學金  
*Bob Peterson Post-Professional Scholarship*, Northwest Athletic Trainers' Association, USA, 2018  
Amount awarded: \$1500 USD



14. 2017-2019 臺灣行政院教育部，106 年博士留學獎學金  
*Taiwanese Government Scholarship to Study Abroad*, Ministry of Education, Taiwan 2017-2019  
Amount awarded: \$1000, 000 NTD (33,333USD)
15. 2017 美國奧瑞岡州立大學公共衛生與人類科學學院，Doctoral Student Travel Support 獎學金  
*Doctoral Student Travel Support*, College of Public Health and Human Sciences, School of Biological and Population Health Sciences, Oregon State University, USA, 2017  
Amount awarded: \$ 750 USD
16. 2015-2019 美國奧瑞岡州立大學公共衛生與人類科學學院，研究生教學助理獎學金  
*Graduate Teaching Assistantship*, College of Public Health and Human Sciences, Oregon State University, USA, (September 2015- June 2019)
17. 2015 美國德州大學 - 阿靈頓校區，運動防護碩士班優秀校友  
*Alumni Highlights*, Master of Science in Athletic Training, University of Texas at Arlington, 2015
18. 2010 國立體育大學運動保健學系，年度最佳畢業報告獎  
*Best Undergraduate Graduation Project of the Year*– “Anterior Cruciate Ligament tear of an Olympic Judo Athlete- A Case Report”, the National Taiwan Sport University, 2010

### **指導學生獲獎榮譽 (MENTOR STUDENTS - HONORS & AWARDS)**

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1. 陳玉婷，2023-2024 國家科學及技術委員會，大專學生研究計畫：臺灣前十字韌帶首次與二度重建手術風險因子之探討：腦震盪病史、性別、年齡與身體質量指數  
*University Student Research Program of Exploring Risk Factors for Primary and Revision Anterior Cruciate Ligament Reconstruction Surgeries in Taiwan: Concussion History, Gender, Age, and Body Mass Index*, National Science and Technology Council, Taiwan 2023-2024
2. 王畊傑、李明修、黃昱倫\*，2023 國際運動生理暨體能領域學術研討會，優秀論文獎  
*Excellent Paper Award*, Wang, K. C., Lee, M. S., Huang, Y. L.\*, International Conference of the Taiwan Society of Exercise Physiology and Fitness, Taiwan, 2023
3. 韓芸珊、周珈頡、黃昱倫\*，2023 國際運動生理暨體能領域學術研討會，優秀論文獎  
*Excellent Paper Award*, Han, Y. S., Chou, C. C., Huang, Y. L.\*, International Conference of the Taiwan Society of Exercise Physiology and Fitness, Taiwan, 2023
4. 周珈頡、余中綺、黃昱倫\*，2023 臺灣身體活動與運動科學國際學術研討會，優秀論文獎  
*Excellent Paper Award*, Chia-Chieh Chou, Chung-Chii Yu, Huang, Y. L.\*, Taiwan International Conference on Physical Activity and Exercise Science, Taiwan, 2023

5. 陳晏龍，2023 王秋月女士勵志勤奮紀念獎學金  
*Ms. Wang Qiuyue Inspirational and Diligent Memorial Scholarship*, Yan-Long Chen, 2023  
Amount awarded: NT\$ 20,000 (625 \$USD)
6. 陳晏龍，2022 國立臺灣師範大學優秀研究生獎學金  
*National Taiwan Normal University Excellent Postgraduate Scholarship*, Yan-Long Chen, 2022  
Amount awarded: NT\$ 20,000 (625 \$USD)

## **研究相關經費 (RESEARCH GRANTS)**

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1. 2025-2026 國立臺灣師範大學，推動跨國合作研究計畫補助 (Amount awarded: NTD\$ 200,000)：探討高中籃球運動膝關節傷害與嚴重程度之風險因子－以 High School RIO 資料庫為例。執掌：計畫主持人。編號：114000050  
*International Collaboration and Research Projects Grant: Risk Factors of Knee Injuries and Severity in High School Basketball: An Analysis Based on the High School RIO Database*, National Taiwan Normal University, Taiwan 2025-2026, Role: Principal Investigator  
Amount awarded: NTD\$ 200,000 (6,666 USD) (114000050)
2. 2025 國家運動科學中心，委託研究計畫 (Amount awarded: NTD\$ 4,804,544)：運動傷病監控系統與流行病學資料庫-拓展使用規模與優化。執掌：計畫主持人。編號：TISS2025008  
*Research Grant: Sports Injury and Illness Surveillance System and Epidemiological Database in Taiwan-Expand and Optimize*, Taiwan Institute of Sports Science, Taiwan 2025, Role: Principal Investigator  
Amount awarded: NTD\$ 4,804,544 (150,142 USD) (TISS2025008)
3. 2024 國家運動科學中心，委託研究計畫 (Amount awarded: NTD\$ 4,486,373)：運動傷病監控系統與運動流行病學資料庫建構計劃。執掌：計畫主持人。編號：TISS2024001  
*Research Grant: Development of a Sports Injury and Illness Surveillance System and Epidemiological Database in Taiwan*, Taiwan Institute of Sports Science, Taiwan 2024, Role: Principal Investigator  
Amount awarded: NTD\$ 4,486,373 (140,200 USD) (TISS2024001)
4. 2024-2026 國家科學及技術委員會，一般研究計畫 (Amount awarded: NTD\$ 1,767,000)：腦震盪與認知功能對下肢傷害風險之影響 - 神經肌肉控制與在認知及前庭多重任務挑戰的生物力學變化。執掌：計畫主持人。編號：NTTC 113-2410-H-003-158-MY2  
*Research Grant: The Impact of Concussion and Cognitive Function on Lower Limb Injury Risk: Neuromuscular Control and Biomechanical Alterations during Cognitive and Vestibular Multi-tasking Challenges*, National Science and Technology Council, Taiwan 2024-2026, Role: Principal Investigator  
Amount awarded: NTD\$ 1,767,000 (55,220 USD) (NTTC 113-2410-H-003-158-MY2)

5. 2024-2025 教育部體育署，113 年運動科學支援競技運動計畫 (Amount awarded: NTD\$ 400,000)：女性運動健康監控系統-預防女籃選手運動相對能量不足並降低傷病風險。執掌：計畫主持人。編號：113F0134
- Research Grant: Female Athlete Health Monitoring System; Preventing Relative Energy Deficiency in Sports and Minimizing Injury Risk Among Female Basketball Players*, Sports Administration, Ministry of Education, Taiwan 2024-2025, Role: Principal Investigator
- Amount awarded: NTD\$ 400,000 (12,500 USD) (113F0134)
6. 2023-2024 國家科學及技術委員會，大專學生研究計畫 (Amount awarded: NTD\$ 58,000)：臺灣前十字韌帶首次與二度重建手術風險因子之探討：腦震盪病史、性別、年齡與身體質量指數。執掌：計畫指導老師。編號：112-2813-C-003 -063 -H
- Research Grant for University Students: Exploring Risk Factors for Primary and Revision Anterior Cruciate Ligament Reconstruction Surgeries in Taiwan: Concussion History, Gender, Age, and Body Mass Index*, National Science and Technology Council, Taiwan 2023-2024
- Amount awarded: NTD\$ 58,000 (1,813 USD) (112-2813-C-003 -063 -H)
7. 2023 國立臺灣師範大學，新進老師研究計畫 (Amount awarded: NT\$ 249,900)：運動腦震盪病史與疲勞介入對股四頭肌功能和落地下肢生物力學之影響。執掌：計畫主持人。編號：111091010
- New Faculty Grant: The Influence of Sport-related Concussion and Fatigue Protocol on Quadriceps Muscle Function and Lower Extremity Landing Biomechanics*, National Taiwan Normal University, Taiwan 2023, Role: Principal Investigator
- Amount awarded: NT\$ 249,900 (8,747 USD)
8. 2022-2024 臺灣科技部，新進人員研究計畫 (Amount awarded: NT\$ 1,717,000)：發力率訓練與去抑制介入對股四頭肌發力率、關節性肌肉自主抑制與前十字韌帶生物力學風險因子之影響。執掌：計畫主持人。編號：111-2410-H-003-145-MY2
- Young Scholars Grant: The effects of explosive strength training and disinhibitory intervention on quadriceps rate of torque development, arthrogenic muscle inhibition and anterior cruciate ligament injury biomechanical risk factors*, Taiwan Ministry of Science & Technology, Taiwan 2022-2024, Role: Principal Investigator
- Amount awarded: NT\$ 1,717,000 (53,656 USD) (111-2410-H-003-145-MY2)
9. 2022-2025 臺灣科技部，專題研究計畫 (Amount awarded: NT\$ 2,550,000)：探討運動員輕度腦傷（腦震盪）之前庭功能生物標記與復健模式。執掌：計畫共同主持人。編號：111-2314-B-A49-057-MY3
- Research Grant: Investigating Vestibular Biomarkers and Rehabilitation Exercises for Mild Traumatic Brain Injuries (brain concussion) in Athletes*, Taiwan Ministry of Science & Technology, Taiwan 2022-2025, Role:

#### Co-principal Investigator

Amount awarded: NT\$ 2,550,000 (79,688 USD) (111-2314-B-A49-057-MY3)

10. 2021-2024 2030 臺灣科技部，跨世代年輕學者方案 – 新秀學者 (Amount awarded: NT\$5 million per year)。執掌：計畫主持人（未獲得補助）

*2030 Cross-Generation Young Scholars Program – Emerging Young Scholars Grant*, Taiwan Ministry of Science & Technology, Taiwan 2021-2024, Role: Principal Investigator (rejected)

Amount awarded: NT\$5 million per year

11. 2019-2020 美國威斯康辛大學歐克萊爾校區，運動生物力學實驗室建置計畫 (Amount awarded: \$ 30,000 USD)。執掌：計畫主持人

*Laboratory Modernization Grant*, University of Wisconsin – Eau Claire, USA 2019-2020, Role: Principal Investigator

Amount awarded: \$ 30,000 USD

12. 2018-2019 美國運動傷害防護協會，博士研究計畫 (Amount awarded: \$ 2500 USD)。執掌：計畫主持人

*Doctoral Grant: The Influence of Quadriceps Rate of Torque Development and Arthrogenic Muscle Inhibition on Knee Landing Mechanics during Different Landing Tasks in ACL Reconstructed Females*, National Athletic Trainers' Association, USA 2018-2019, Role: Principal Investigator

Amount awarded: \$ 2500 USD

#### **服務其他經費 (SERVICE GRANTS)**

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1. 2025 教育部體育署，114 年 體育新南向政策「赴澳洲墨爾本運動防護參訪交流計畫」 (Amount awarded: NTD\$ 159,617)。執掌：計畫主持人

*Grant: The New Program of Sports Exchange with Southbound Policy - Athletic Training Exchange and Study Visit Program in Australia*, Sports Administration, Ministry of Education, Taiwan 2025, Role: Principal Investigator

Amount awarded: NTD\$ 159,617 (5,320 USD)

2. 2025 國立臺灣師範大學，114 年深化產業實習補助計畫 - 運動防護實習精進計畫 (Amount awarded: NTD\$ 67,000)。執掌：計畫主持人

*Grant: Enhancing Athletic Training Internship Program*, National Taiwan Normal University, National Taiwan Normal University, Industry Internship Enhancement Subsidy Program, Taiwan 2025, Role: Principal Investigator

Amount awarded: NTD\$ 67,000 (2,233 USD)

3. 2025 教育部，114 年 學海築夢 – 運動防護海外實習計畫 (Amount awarded: NTD\$ 44,362)。執掌：計畫主持人  
*Grant: Athletic Training Overseas Internship Program, Overseas Internship Program, Ministry of Education, Taiwan 2025, Role: Principal Investigator*  
 Amount awarded: NTD\$ 44,362 (1,479 USD)
4. 2024 教育部體育署，113 年 體育新南向政策「赴澳洲墨爾本運動防護參訪交流計畫」(Amount awarded: NTD\$ 111,675)。執掌：計畫主持人  
*Grant: The New Program of Sports Exchange with Southbound Policy - Athletic Training Exchange and Study Visit Program in Australia, Sports Administration, Ministry of Education, Taiwan 2024, Role: Principal Investigator*  
 Amount awarded: NTD\$ 111,675 (3,723 USD)
5. 2024 教育部，113 年 學海築夢 – 運動防護海外實習計畫 (Amount awarded: NTD\$ 289,316)。執掌：計畫主持人  
*Grant: Athletic Training Overseas Internship Program, Overseas Internship Program, Ministry of Education, Taiwan 2024, Role: Principal Investigator*  
 Amount awarded: NTD\$ 289,316 (9,644 USD)
6. 2024 國立臺灣師範大學，113 年深化產業實習補助計畫 - 運動防護實習精進計畫 (Amount awarded: NTD\$ 67,500)。執掌：計畫主持人  
*Grant: Enhancing Athletic Training Internship Program, National Taiwan Normal University, Industry Internship Enhancement Subsidy Program, Taiwan 2024, Role: Principal Investigator*  
 Amount awarded: NTD\$ 67,500 (2,150 USD)
7. 2023 國立臺灣師範大學，112 年深化產業實習補助計畫 - 運動防護實習精進計畫 (Amount awarded: NTD\$ 32,000)。執掌：計畫主持人  
*Grant: Enhancing Athletic Training Internship Program, National Taiwan Normal University, Industry Internship Enhancement Subsidy Program, Taiwan 2023, Role: Principal Investigator*  
 Amount awarded: NTD\$ 32,000 (1,067 USD)

## **研究經歷 (RESEARCH EXPERIENCE)**

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1. 2025 國家運動科學中心，委託研究計畫 (Amount awarded: NTD\$ 4,804,544)：運動傷病監控系統與流行病學資料庫-拓展使用規模與優化。執掌：計畫主持人。編號：TISS202500?  
*Principal Investigator of research project of D Sports Injury and Illness Surveillance System and Epidemiological Database in Taiwan-Expand and Optimize, funding by Taiwan Institute of Sports Science,*

Taiwan 2024-2025

2. 2024 國家運動科學中心，委託研究計畫 (Amount awarded: NTD\$ 4486,373)：運動傷病監控系統與運動流行病學資料庫建構計劃。執掌：計畫主持人。編號：TISS2024001

Principal Investigator of research project of Development of a Sports Injury and Illness Surveillance System and Epidemiological Database in Taiwan funding by Taiwan Institute of Sports Science, Taiwan 2023-2024

3. 2024-2027 國家科學及技術委員會，一般研究計畫 (Amount awarded: NTD\$ 1,767,000)：腦震盪與認知功能對下肢傷害風險之影響 - 神經肌肉控制與在認知及前庭多重任務挑戰的生物力學變化。執掌：計畫主持人。編號：NTTC 113-2410-H-003-158-MY2

Principal Investigator of research project of the Impact of Concussion and Cognitive Function on Lower Limb Injury Risk: Neuromuscular Control and Biomechanical Alterations during Cognitive and Vestibular Multi-tasking Challenges, by the National Research Grant, National Science and Technology Council, Taiwan 2024-2026

4. 2024-2025 教育部體育署，113 年運動科學支援競技運動計畫 (Amount awarded: NTD\$ 400,000)：女性運動健康監控系統-預防女籃選手運動相對能量不足並降低傷病風險。執掌：計畫主持人。編號：113F0134

Principal Investigator of *Female Athlete Health Monitoring System; Preventing Relative Energy Deficiency in Sports and Minimizing Injury Risk Among Female Basketball Players*, by the Sports Administration, Ministry of Education, Taiwan 2024-2025

5. 2023-2024 國家科學及技術委員會，大專學生研究計畫：臺灣前十字韌帶首次與二度重建手術風險因子之探討：腦震盪病史、性別、年齡與身體質量指數。執掌：計畫指導老師

Principal Investigator of research project of Exploring Risk Factors for Primary and Revision Anterior Cruciate Ligament Reconstruction Surgeries in Taiwan: Concussion History, Gender, Age, and Body Mass Index funding by the Research Grant for University Students, National Science and Technology Council, Taiwan 2023-2024

6. 2023-2024 國立臺灣師範大學，新進老師研究計畫：運動腦震盪病史與疲勞介入對股四頭肌功能和落地下肢生物力學之影響。執掌：計畫主持人

Principal Investigator of research project of the Influence of Sport-related Concussion and Fatigue Protocol on Quadriceps Muscle Function and Lower Extremity Landing Biomechanics funding by the New Faculty Grant, National Taiwan Normal University, Taiwan 2023-2024

7. 2022-2024 科技部，新進人員研究計畫：發力率訓練與去抑制介入對股四頭肌發力率、關節性肌肉自主抑制與前十字韌帶生物力學風險因子之影響 (兩年計畫)

Principal Investigator of research project of *the effects of explosive strength training and disinhibitory*

*intervention on quadriceps rate of torque development, arthrogenic muscle inhibition and anterior cruciate ligament injury biomechanical risk factors*, Taiwan Ministry of Science & Technology, Taiwan 2022-2024

8. 2022-2024 運動防護問卷中文化研究計畫：Cross-cultural Adaptation and Validation of the Traditional Chinese Version of Anterior Cruciate Ligament Return to Sport After Injury Scale；跨國合作計畫（國立臺灣師範大學、美國舊金山州立大學、美國德拉瓦大學、美國坦帕大學）  
Co-directing Cross-cultural Adaptation and Validation of the Traditional Chinese Version of Anterior Cruciate Ligament Return to Sport After Injury Scale, National Taiwan Normal University, San Francisco State University, University of Delaware, University of Tampa, Taiwan & USA 2022-2023
9. 2022-2023 跨領域合作研究計畫：高中技擊類運動腦震盪流行病學與運動防護員腦震盪知識與臨床照護初探；跨國合作計畫（國立臺灣師範大學、美國德拉瓦大學、美國坦帕大學）  
Co-directing Epidemiology of Concussion in Combat Sports among High School Student Athletes and Concussion Knowledge and Clinical Practices of Athletic Trainers in High School, National Taiwan Normal University, University of Delaware, University of Tampa, Taiwan & USA 2022-2023
10. 2020-2023 跨領域合作統合性分析研究計畫：A Meta-analysis Evaluating the Neuromuscular Control Deficit following Sport-related Concussion；跨國合作計畫（美國奧瑞岡州立大學、美國威斯康辛大學 - 歐克萊爾校區、美國德拉瓦大學、美國坦帕大學）  
Co-directing A Meta-analysis Evaluating the Neuromuscular Control Deficit following Sport-related Concussion, Oregon State University, University of Wisconsin- Eau Claire, University of Delaware, University of Tampa, USA 2020-2023
11. 2018-2019 美國奧瑞岡州立大學，人體運動學系博士論文研究計畫（黃昱倫）：The Influence of Quadriceps Rate of Torque Development and Arthrogenic Muscle Inhibition on Knee Landing Mechanics during Different Landing Tasks in ACL Reconstructed Females（美國運動傷害防護協會研究計畫主持人）  
Conducting a research project (doctoral dissertation) funded by NATA Foundation “The Influence of Quadriceps Rate of Torque Development and Arthrogenic Muscle Inhibition on Knee Landing Mechanics during Different Landing Tasks in ACL Reconstructed Females”, Oregon State University, USA 2018-2019
12. 2018-2019 美國奧瑞岡州立大學，跨領域合作統合性分析研究計畫：A meta-analysis evaluating the effectiveness of ACL-injury prevention programs  
Co-directing a meta-analysis evaluating the effectiveness of ACL-injury prevention programs, Oregon State University, USA 2018-2019
13. 2018-2019 美國奧瑞岡州立大學，人體運動學系博士論文研究計畫（Lyndsay Stutzenberger, PhD, DPT）：Biomechanical Demands and Postural Control during Exercises Commonly Performed by Older

## Adults in Falls Prevention Programs

Assisted with a doctoral dissertation research project "Biomechanical Demands and Postural Control during Exercises Commonly Performed by Older Adults in Falls Prevention Programs" Lyndsay Stutzenberger, Oregon State University, USA 2018-2019

14. 2016-2019 美國奧瑞岡州立大學，人體運動學系前驅研究計畫：The Effects of Kinesio Tape on Arthrogenic Muscle Inhibition and Rate of Torque Development  
Developed a research project "The Effects of Kinesio Tape on Arthrogenic Muscle Inhibition and Rate of Torque Development", Oregon State University, USA 2016-2019
15. 2015-2016 美國奧瑞岡州立大學，人體運動學系博士論文研究計畫（Eunwook Chang, PhD, ATC）：Evaluating the Usefulness of a Functional Test Battery for Determining Return to Full Activity in Females with Anterior Cruciate Ligament Reconstruction（美國運動傷害防護協會研究計畫）  
Assisted with a doctoral dissertation research project "Evaluating the Usefulness of a Functional Test Battery for Determining Return to Full Activity in Females with Anterior Cruciate Ligament Reconstruction"  
Eunwook Chang, Oregon State University, USA 2015-2016
16. 2010-2011 國立體育大學，運動保健學系碩士班論文研究計畫（黃昱倫）：貼紮介入對前十字韌帶缺損者膝關節運動學、自我效能與功能性表現之影響（國科會研究計畫之子計畫）  
Developed and conducted a research project (master thesis) "The Effects of Protective Strapping on Knee Kinematics, Self-efficacy and Functional Performance in Patients with ACL Deficiency", Taiwan 2011
17. 2010-2011 國立體育大學，國立體育大學黃啟煌教授研究計畫：The Joint Stiffness, Muscle Firing Pattern in ACL-injured Knee during the Close Chain and Open Chain Movements（國科會研究計畫）  
Assisted with a government funded project "The Joint Stiffness, Muscle Firing Pattern in ACL-injured Knee during the Close Chain and Open Chain Movements" provided by the National Science Council, Taiwan 2011

## 學術活動與論文發表（SCHOLARLY ACTIVITIES & PUBLICATION）

### 中文專書與章節 Book or Book Chapter in Chinese (1)

1. 總校閱：黃昱倫（2020）。譯者：黃昱倫、張雅婷。運動傷害完全復健指南。臺北市，臉譜出版  
Falsone, S. (April 2020) *Bridging the Gap from Rehab to Performance*, (Huang, Y. L, Chang, Y. T, Trans.)

### 期刊論文-已發表/接受 Refereed Journal Publications (25)

1. Chen, Y. L., Chou, T. Y., Chang, E., **Huang, Y. L.\*** (2025) Sagittal Plane Landing Mechanics Differences between Limbs during Single- and Double-Leg Jump Landings: Implications for ACL Injury Risk in



Females. *Journal of Human Kinetics*, accepted. [Q1, SCIE, JCR2024, IF: 2.8; Ranking 33/133 (75.6%), Sport Sciences] # of Citation:

2. Chou, T. Y., **Huang, Y. L.**, Buckley, T.A., Hafer, J.F., Kaminski, T.W. (2025) Knee Biomechanics in Individuals with a Recent Concussion during Jump-Landing Tasks. *Journal of athletic training*, accepted [Q1, SCIE, JCR2024, IF: 2.8; Ranking 33/133 (75.6%), Sport Sciences] # of Citation:
3. Chen, Y. T., Liao, C. C., & **Huang, Y. L.\*** (2025) Development of an Electronic Medical Record System for Sport Injuries and Illnesses in Taiwan: A Systematic Literature Review, *Quarterly of Chinese Physical Education*, accepted.  
陳奕婷、廖健智 & **黃昱倫\*** (2025)。臺灣電子運動傷病監控系統之建構：系統性文獻回顧。 *中華體育季刊*，接受。[TSSCI，第一級期刊] # of Citation:
4. Chen, C. H., **Huang, Y. L.\***, Li, H. C., Cheng, C. F., Lin, A. P. (2025) Legal Concerns in the Itinerant Service Practices of School Athletic Trainers. *Journal of Taiwan Society for Sport Management*, 25(1), 65-114.  
陳慶鴻、**黃昱倫\***、李幸津、鄭志富 & 林安邦 (2025) 校園運動防護員巡迴服務所涉業務之法律議題。 *臺灣體育運動管理學報*，25(1)，65-114。[TSSCI，第二級期刊] # of Citation:
5. Chou, T. Y., Mulligan, C. M., & **Huang, Y. L.\*** (2025). Lower extremity energy absorption in individuals with lower extremity musculoskeletal injury history during functional tasks: A scoping review. *Clinical Biomechanics*, 106463. [Q3, SCIE, JCR2024, IF: 1.4; Ranking 88/139 (37.1%), Orthopedics] # of Citation: 1
6. Han, Y.S., Yao, Andy W.R., Chou, T.Y., Leung, W., Chang, Y.T., Chi, L.K., **Huang, Y.H.\*** (2024) Translation and Cultural Adaptation of Traditional Chinese Short Version of the Anterior Cruciate Ligament-Return to Sport After Injury Scale (ACL-RSI-TC). *Perceptual and Motor Skills*, 00315125251352233. [Q3, SSCI, JCR2024, IF: 1.8; Ranking 56/102 (45.6%), Psychology, Experimental] # of Citation:
7. **Huang, Y. L.\***, Mulligan, C., Johnson, S. T., Pollard, C., Hannigan, K., Stutzenberger, L., & Norcross, M. F. (2024) Differential influence of quadriceps rate of torque development on single- and double-leg landing mechanics in anterior cruciate ligament reconstructed and control females, *Knee Surgery, Sports Traumatology, Arthroscopy*, 32(8), 2013-2022. [Q1, SCIE, JCR2024, IF: 5.0; Ranking 7/139 (95.3%), Orthopedics] # of Citation: 1
8. **Huang, Y. L.\***, Leung, W. C. W. & Cheng Y. T. (2024), Sports Injuries and Illness Surveillance Systems and Methodology of Epidemiological Studies in Taiwan: Analyzing based on the 2020 IOC Consensus Statement, *Sports & Exercise Research*, 25(4), 76-97  
**黃昱倫\***、梁振威 & 張雅婷 (2024)。臺灣運動傷害與疾病監測系統與流行病學研究方法 – 以2020

國際奧會共識聲明評析。大專體育學刊，25(4)，76-97。[TSSCI，第一級期刊] # of Citation:

9. Jeong, Y., Jun, H. P., **Huang, Y. L.**, & Chang, E. (2023). The Squat One Repetition Maximum May Not Be the Best Indicator for Speed-Related Sports Performance Improvement in Elite Male Rugby Athletes. *Applied Sciences*, 14(1), 31. [Q1, SCIE, JCR2023, IF: 2.5; Ranking 44/181 (76%), Engineering, Multidisciplinary] # of Citation:
10. Chou, T. Y., **Huang, Y. L.\***, Leung, W. C. W., Kaminski, T., Norcross, M. F. (2023) Does Prior Concussion Lead to Biomechanical Alterations associated with Lateral Ankle Sprain and Anterior Cruciate Ligament Injury? A Systematic Review and Meta-analysis. (Registration number: CRD42021248916), *British Journal of Sports Medicine*, 57(23), 1509-1515. [Q1, SCIE, JCR2023, IF: 11.8; Ranking 1/127 (99.6%), Sport Sciences] # of Citation:10
11. Mulligan, C., Gibbs, E. R., **Huang, Y. L.**, Stutzenberger, L. R., Johnson, S. T., & Norcross, M. F. (2023). Single-Legged Triple-Hop Propulsion Strategies in Females with and those without a History of Anterior Cruciate Ligament Reconstruction. *Journal of Athletic Training*, 58(4), 319. [Q1, SCIE, JCR2023, IF: 2.6; Ranking 31/127 (76%), Sport Sciences] # of Citation:1
12. Stutzenberger, L. R., Norcross, M. F., Pollard, C. D., Hagen, T. M., Mulligan, C. M., **Huang, Y. L.**, & Crowell, C. N. B. (2023). Biomechanical demands of exercises commonly performed by older adults in falls prevention programs. *Clinical Biomechanics*, 105863. <https://doi.org/10.1016/j.clinbiomech.2022.105863> [Q3, SCIE, JCR2023, IF: 1.4; Ranking 88/136 (40.1%), Orthopedics] # of Citation: 3
13. Chen, Y. L., Chin, W. H., **Huang, Y. L.\*** (2022). The Effects of Quadriceps Kinesio Taping on Lower Extremity Function and Performance, *Quarterly of Chinese Physical Education*, 36(4), 327-340.  
陳晏龍、邱文信、**黃昱倫\*** (2022)。股四頭肌內效貼布貼紮對下肢功能與運動表現之影響－系統性回顧。中華體育季刊，36(4)，327-340。 [https://doi.org/10.6223/qcpe.202212\\_36\(4\).0002](https://doi.org/10.6223/qcpe.202212_36(4).0002) [TSSCI，第一級期刊] # of Citation:
14. Chou, T. Y., Lin, W. L., **Huang, Y. L.\***. Risk Factors for Inversion Ankle Sprains and Chronic Ankle Instability, *Quarterly of Chinese Physical Education*, 36(3), 213-231.  
周宗燁、林威廷、**黃昱倫\*** (2022)。內翻踝關節扭傷風險因子與傷害預防之建議－系統性回顧。中華體育季刊，36(3)，213-231。 [https://doi.org/10.6223/qcpe.202209\\_36\(3\).0001](https://doi.org/10.6223/qcpe.202209_36(3).0001) [TSSCI，第一級期刊] # of Citation:
15. Chou, T. Y., Caccese, J. B., **Huang, Y. L.\***, Glutting, J. J., Buckley, T. A., Broglio, S. P., ... & Kaminski, T. W. (2022). Effects of Pre-Collegiate Sport Specialization on Cognitive, Postural, and Psychological Functions: Findings from the NCAA-DoD CARE Consortium. *International Journal of Environmental*

- Research and Public health*, 19(4), 2335. <https://doi.org/10.3390/ijerph19042335> [Q1, SSCI, JCR2021, IF: 4.6; Ranking 45/182 (76%), Public, Environmental & Occupational Health] # of Citation: 4
16. **Huang, Y. L.\***, Mulligan, C., Johnson, S. T., Pollard, C., Hannigan, K., Stutzenberger, L., & Norcross, M. F. (2021). Explosive quadriceps strength symmetry and landing mechanics limb symmetry after anterior cruciate ligament reconstruction in females. *Journal of athletic training*, 56(8), 912-921. [Q2, SCIE, JCR2021, IF: 3.8; Ranking 29/88 (67.6%), Sport Sciences] # of Citation: 23
  17. **Huang, Y. L.\***, Lin, K. W., Chou, L. W., & Chang, E. (2021). Immediate effect of anterior cruciate ligament protective knee taping on knee landing mechanics and muscle activations during side hops. *International journal of environmental research and public health*, 18(19), 10110. [Q1, SSCI, JCR2021, IF: 4.6; Ranking 45/182 (76%), Public, Environmental & Occupational Health] # of Citation: 9
  18. Chou, T. Y. & **Huang, Y. L.\*** (2021). The Effect of Sport-related Concussion on Lower Extremity Musculoskeletal Injury following Return to Play., *Quarterly of Chinese Physical Education*, 35(3), 175-186.  
周宗燁、黃昱倫\* (2021)。運動腦震盪對回場後下肢骨骼肌肉傷害之影響。 *中華體育季刊*，35(3)，175-186。[TSSCI，第一級期刊] # of Citation:
  19. Norcross, M. F., Almog, R., **Huang, Y. L.**, Chang, E., Hannigan, K. S., & Johnson, S. T. (2021). Greater explosive quadriceps strength is associated with greater knee flexion at initial contact during landing in females. *Sports Biomechanics*, 1-15. [Q2, SCIE, JCR2021, IF: 2.89; Ranking 44/88 (50.6%), Sport Sciences] # of Citation: 12
  20. **Huang, Y. L.**, Lin, K. W. & Huang, C. H., (2021). The Influence of Knee Taping on Sagittal Landing Mechanics during Side Hops in Anterior Cruciate Ligament Deficient Individuals., *Physical Education Journal*, 54(1), 23-38.  
**黃昱倫**、林光偉 & 黃啟煌 (2021)。膝關節貼紮對前十字韌帶缺損者側向跳躍矢狀面落地運動力學的影響。 *體育學報*，54(1)，23-38。[TSSCI，第一級期刊] # of Citation: 1
  21. **Huang, Y. L.\*** & Huang Y. M. (2021). Return to Play Criteria after Anterior Cruciate Ligament Reconstruction: Considerations of Limb Symmetry Index and Clinical Recommendations., *Quarterly of Chinese Physical Education*, 35(1), 47-56.  
**黃昱倫\***、黃奕銘 (2021)。前十字韌帶重建後的回場標準：肢體對稱性指數之考量與臨床建議。 *中華體育季刊*，35(1)，47-56。[TSSCI，第一級期刊] # of Citation: 2
  22. **Huang, Y. L.**, Chang, E., Johnson, S. T., Pollard, C. D., Hoffman, M. A., & Norcross, M. F. (2020). Explosive quadriceps strength and landing mechanics in females with and without anterior cruciate ligament reconstruction. *International journal of environmental research and public health*, 17(20), 7431. [Q1, SSCI,

JCR2020, IF: 3.3; Ranking 42/176 (76.42%), Public, Environmental & Occupational Health] # of Citation: 13

23. Lee, J. H., Cheon, S., Jun, H. P., **Huang, Y. L.**, & Chang, E. (2020). Bilateral comparisons of quadriceps thickness after anterior cruciate ligament reconstruction. *Medicina*, 56(7), 335. [Q2, SCIE, JCR2020, IF: 2.43; Ranking 80/167 (52.4%), Medicine, General & Internal] # of Citation: 24
24. **Huang, Y. L.\***, Jung, J., Mulligan, C. M., Oh, J., & Norcross, M. F. (2020). A majority of anterior cruciate ligament injuries can be prevented by injury prevention programs: a systematic review of randomized controlled trials and cluster-randomized controlled trials with meta-analysis. *The American journal of sports medicine*, 48(6), 1505-1515. [Q1, SCIE, JCR2020, IF: 6.2; Ranking 3/82 (96.9%), Orthopedics] # of Citation: 124
25. **Huang, Y. L.**, Liu, Y. F. & Huang, C. H. (2016). The Effects of Protective Taping on Knee Kinematics and Functional Performance in Patients with Anterior Cruciate Ligament Deficiency. *Chinese Journal of Sports Biomechanics*, 13(2), 67-70  
**黃昱倫、劉瑩芳 & 黃啟煌** (2016)。貼紮介入對前十字韌帶缺損者膝關節額狀面運動學與功能性表現影響。 *華人運動生物力學期刊*，13(2)，64-70。[TSSCI，第一級期刊] # of Citation:2

#### 期刊論文-送出審核中 Manuscripts Submitted/In Review (3)

1. Chen, Y. L., Chou, T. Y., & **Huang, Y. L.\***. Sport-related Concussion Can be Prevented by Injury Prevention Program - A Systematic Review and Meta-analysis of Prospective, Controlled Studies
2. Leung, W. C. W., **Huang, Y. L.\*** Wearable device usages are not associated with higher body mass index and obesity in free-living settings: An analysis of 2017 BRFSS
3. 林宸宇 & **黃昱倫\***。甲組成人棒球選手拇趾外翻之保守治療個案報告。

#### 期刊論文- 作者群審稿 Manuscripts In Preparation (10)

1. Liao, C. C., Chen, Y. T., Hong, J. P., Shao, Y. H., & **Huang, Y. L.\*** Factors Associated with Second ACL Reconstruction: A Taiwan National Health Insurance Research Database Study, (plan for submission in 2025)
2. Chen, Y. R., Yu, C. C., L, Y., **Huang, Y. L.\***. Structural Determinants of Quadriceps Rate of Torque Development in Individuals with Patellar Tendinopathy: A Systematic Review and Meta-analysis, (plan for submission in 2025)

3. Leung, W. C. W., **Huang, Y. L.\*** Comparison of physical activity levels of wearable device users and non-users in college: 2017 BRFSS, (plan for submission in 2025)
4. Yu, C. C., Chen, Y. R., **Huang, Y. L.\***, Impact of Patellar Tendinopathy on Quadriceps Function and Related Neural Factors: a Systematic Review, (plan for submission in 2025)
5. **Huang, Y. L.\***, Mulligan, C., Johnson, S. T., Pollard, C., Hannigan, K., Stutzenberger, L., & Norcross, M. F., Relationship between Quadriceps Arthrogenic Muscle Inhibition and Rate of Torque Development in ACL- Reconstructed Females, (plan for submission in 2025)
6. Li M. S., You, C. R., **Huang, Y. L.\***. *Associations between explosive quadriceps strength and lower extremity biomechanics: systematic review* (plan for submission in 2025)  
李明修、游承儒 & **黃昱倫\***。股四頭肌發力率對下肢運動生物力學之影響——系統性文獻回顧。  
(plan for submission in 2025)
7. Chou, T. Y., Lin, K. W., Kaminski, T. W., & **Huang, Y. L.\***, *Lower Extremity Energy Absorption during Side Hops among Individuals with and without Anterior Cruciate Ligament Deficit*. (plan for submission in 2025)
8. Yu, C. C., Chen, Y. R., Leung, W. C. W., XXXX, **Huang, Y. L.\***, Impact of Patellar Tendinopathy on Patellar Tendon Quality: a Systematic Review and Meta-analysis, (plan for submission in 2025)
9. Han, Y. S., Chou, C. C., **Huang, Y. L.\***, The Relationship between the Level of Psychological Readiness and Functional Tests, risk factor of landing injury after Anterior Cruciate Ligament Reconstruction: A Systematic Review. National Society of Physical Education of the Republic of China. (plan for submission in 2025)  
韓芸珊、周珈頡、**黃昱倫\***，前十字韌帶重建手術後心理準備狀態與功能性檢測、落地受傷風險因子之間的關係：系統性文獻回顧。(plan for submission in 2025)
10. Chou, C. C., Yu, C. C., Huang, C.-H., **Huang, Y. L.\***, The past, present, and future recommendation of athletic training profession research in Taiwan- a scoping review. (plan for submission in 2025)  
周珈頡、余中綺、黃啟煌、**黃昱倫\***。臺灣運動防護專業研究的過去、現在與未來建議——範域文獻回顧。(plan for submission in 2025)

#### **研討會發表/摘要 Refereed Abstract Publications & Presentations (45)**

1. Chang, T.H., Chen, Y.L., **Huang, Y.L.** (2025, June 24-27). *Limb Symmetry in Sagittal Plane Landing Mechanics during Double-leg Jump Landings in Individuals with and without a History of Concussion* [Oral presentation]. 2025 NATA Clinical Symposia & AT Expo, Orlando, FL, USA.
2. Su, Y.N., Chen, Y.L., **Huang, Y.L.** (2025, June 24-27). *The Impact of Concussion History on Explosive Quadriceps Strength* [Oral presentation]. 2025 NATA Clinical Symposia & AT Expo, Orlando, FL, USA.

3. 張則萱、吳咏宣 & **黃昱倫\*** (2025, June 7-8) 無因傷休息類傷害之研究方法與運動流行病學-範域文獻回顧。2025 亞洲教練學會學術研討會-運動科技應用，桃園，台灣。
4. Huang, C. C., Chen, Y. L., **Huang, Y.L.** (2025, May 24). *Systematic Literature Review: Biomechanical Risk Factors for Lower Limb Sports Injuries – Kinematic Parameters* [Poster presentation]. 2025 World Master Games Conference, Taipei, Taiwan.
5. 游承儒 & **黃昱倫\*** (2025, May 3-4)。高齡者下肢發力率與平衡的跌倒風險因子之相關性探討。2025 年臺灣身體活動與運動科學學會，身體活動健康永續國際研討會，台中，台灣。
6. 余中綺、陳泐蓉 & **黃昱倫\*** (2024, November 9)。髌骨肌腱病變對股四頭肌功能與相關神經因子之影響-系統性文獻回顧。2024 運動生物力學暨智慧科技與運動科學研討會，臺中，臺灣。
7. 李明修、**黃昱倫\*** (2024, November 9)。前十字韌帶重建手術後女性股四頭肌發力率與落地生物力學的關係：前導研究。2024 運動生物力學暨智慧科技與運動科學研討會，臺中，臺灣。
8. Hsu, C.F., Lin, T.Y., **Huang, Y. L.** (2024, October 16-19). *Investigating the Relevant Risk Factors of Athlete Sleep Disorders. A Systematic Review* [Poster presentation]. 2024 Sports Medicine Australia Conference, Melbourne, Australia.
9. Lin, T.Y., Chou, C.A., **Huang, Y. L.** (2024, October 16-19). *The Acute Effects and Clinical Application of Blood Flow Restriction on Extremities with exercise: A Systematic Review* [Poster presentation]. 2024 Sports Medicine Australia Conference, Melbourne, Australia.
10. Chen, Y. R., Yu, C. C., L, Y., **Huang, Y. L.**, (2024, October 16-19). *Structural Determinants of Quadriceps Rate of Torque Development in Individuals with Patellar Tendinopathy: A Systematic Review and Meta-analysis* [Poster presentation]. 2024 Sports Medicine Australia Conference, Melbourne, Australia.
11. **Huang, Y. L.**, Lee, M. S., Chen, Y. L., Chang, E. (2024, June 25-28). *Impaired Explosive and Peak Quadriceps Strength are Associated with Arthrogenic Muscle Inhibition in ACL-reconstructed Female* [Oral presentation]. 2024 – NATA Clinical Symposia & AT Expo, New Orleans, LA, USA.
12. Liao, C.C., Chen, Y.T., Hong, J.P., Shao, Y.H., Chang, C.L., **Huang, Y.L.** (2024, June 25-28). *Factors Associated with Second ACL Reconstruction: A Taiwan National Health Insurance Research Database Study* [Oral presentation]. 2024 – NATA Clinical Symposia & AT Expo, New Orleans, LA, USA.
13. Chou, T.Y., **Huang, Y.L.**, Buckley, T.A., Hafer, J.F., Kaminski, T.W. (2024, June 25-28). *Differences in Jump-Landing Mechanics Between Individuals with and without a History of Concussion on a Clinical Assessment* [Poster presentation]. 2024 – NATA Clinical Symposia & AT Expo, New Orleans, LA, USA.
14. Han, Y.S., Yao, Andy W.R., Chou, T.Y., Leung, W., Chang, Y.T., Chi, L.K., **Huang, Y.H.** (2024, June 25-28). *Translation and Cultural Adaptation of Traditional Chinese Short Version of the Anterior Cruciate*

*Ligament-Return to Sport after Injury Scale* [Poster presentation]. 2024 – NATA Clinical Symposia & AT Expo, New Orleans, LA, USA.

15. Chen, Y. L., Chou, T. Y., **Huang, Y. L.** (2024, June 25–28). *The influence of fatigue on the magnitude and limb-asymmetry in ground impact during double-leg jump landings in individuals with and without concussion history* [Poster presentation]. 2024 – NATA Clinical Symposia & AT Expo, New Orleans, LA, USA.
16. Chen, Y. L., Chou, T. Y., Kaminski, T., **Huang, Y. L.\***. (2023, July 30– August 3). *The relationship between reaction time and landing mechanics associated with anterior cruciate ligament injury during single-leg landing* [Oral presentation]. XXIX Congress of International Society of Biomechanics, Fukuoka, Japan.
17. Wang, K. C., Lee, M. S., **Huang, Y. L.\***. (2023, June 17). *Effects of Lower Extremity Resistance Training on Rate of Torque Development in Different Time Intervals - Systemic Review (Randomized Controlled Trials)* [oral presentation]. 2023 International Conference of the Taiwan Society of Exercise Physiology and Fitness, Taipei, Taiwan  
王畊傑、李明修、**黃昱倫\*** (2023, June 17)。下肢阻力訓練對不同時間區段肌肉發力率提升之成效 - 隨機對照試驗之系統性文獻回顧。2023 國際運動生理暨體能領域學術研討會，臺北，臺灣。
18. Han, Y. S., Chou, C. C., **Huang, Y. L.\*** (2023, June18). *The Relationship between the Level of Psychological Readiness and Functional Performance after Anterior Cruciate Ligament Reconstruction: A Systematic Review* [oral presentation]. 2023 International Conference of the Taiwan Society of Exercise Physiology and Fitness, Taipei, Taiwan  
韓芸珊、周珈頡、**黃昱倫\*** (2023, June18)。前十字韌帶重建術後心理準備程度與肌力及跳躍表現之關係：系統性文獻回顧。2023 國際運動生理暨體能領域學術研討會，臺北，臺灣。
19. Chou, C. C., Yu, C. C., **Huang, Y. L.\*** (2023, May20). *The past, present, and future recommendation of athletic training profession research in Taiwan- a scoping review* [oral presentation]. 2023 Taiwan International Conference on Physical Activity and Exercise Science, Taichung, Taiwan.  
周珈頡、余中綺、**黃昱倫\*** (2023, May20)。臺灣運動防護專業研究的過去、現在與未來建議—範域文獻回顧。2023 臺灣身體活動與運動科學國際學術研討會，臺中，臺灣。
20. Cheng, W. S., Leung, C. W., **Huang, Y. L.\*** (2023, May20). *The Assessment Method used to Measure Work-related Physical Injuries and Well-being among Athletic Trainers: A Scoping Review* [oral presentation]. 2023 Taiwan International Conference on Physical Activity and Exercise Science, Taichung, Taiwan.  
鄭泳森、梁振威、**黃昱倫\*** (2023, May20)。探討評估運動防護員職業傷害與健康的研究方法 - 範域文獻回顧。2023 臺灣身體活動與運動科學國際學術研討會，臺中，臺灣。

21. Chou, T. Y\*, Caccese, J. B., Huang, Y. L., Glutting, J. J., Buckley, T. A., Broglio, S. P., ... & Kaminski, T. W. (2022, October). *CARE Consortium Investigators. Effects of Pre-Collegiate Multisport Participation on Baseline Neurocognitive Assessments: Findings from the NCAA/DoD CARE Consortium*. International Consensus Conference on Concussion in Sport, Amsterdam, Netherlands
22. You, C. R., Chen, Y. L., **Huang, Y. L.\*** (2022, December17). *The Effect of Resistance Training on Elderly Lower Limbs Muscular Fitness: Systematic Review of Randomized Control Trial* [Poster presentation]. 16th TSBS Annual Conference 2022, Hsinchu, Taiwan.  
游承儒、陳晏龍 & **黃昱倫\*** (2022, December17)。阻力訓練對高齡者下肢肌肉適能提升之成效：隨機對照試驗之系統性文獻回顧。16<sup>th</sup> 臺灣運動生物力學年會，新竹，台灣。
23. Li M. S., You, C. R., **Huang, Y. L.\*** (2022, December17). *Associations between explosive quadriceps strength and lower extremity biomechanics: systematic review* [Poster presentation]. 16th TSBS Annual Conference 2022, Hsinchu, Taiwan.  
李明修、游承儒 & **黃昱倫\*** (2022, December17)。股四頭肌發力率對下肢運動生物力學之影響-系統性文獻回顧。16th 臺灣運動生物力學年會，新竹，台灣。
24. Mulligan, C. M., **Huang, Y. L.**, Johnson, S. T., & Norcross, M. F. (2022, June28-July1). *Frontal plane landing strategies differ between limbs during a cross-over triple hop in ACL reconstructed females* [Oral presentation]. 2022 NATA Clinical Symposia & AT Expo, Philadelphia, USA.
25. **Huang, Y. L.\***, Mulligan, C. M., Johnson, S. T., & Norcross, M. F. (2022, July10-14). *The influences of explosive and peak quadriceps strength on total sagittal-plane energy absorption during a single leg jump landing in females with and without anterior cruciate ligament reconstruction* [Oral presentation]. 9th World Congress of Biomechanics 2022, Taipei, Taiwan.
26. Chou, T. Y., Lin, K. W., Kaminski, T. W., & **Huang, Y. L.\*** (2022, July10-14). *Sagittal plane energy absorption during side hops among individual with anterior cruciate ligament deficit* [Oral presentation]. 9th World Congress of Biomechanics 2022, Taipei, Taiwan.
27. Chen, Y. L., & **Huang, Y. L.\*** (2022, July10-14). Immediate effects of quadriceps kinesio taping on ground impacts during forward landings [Oral presentation]. 9th World Congress of Biomechanics 2022, Taipei, Taiwan.
28. Mulligan, C., Gibbs, E. R., **Huang, Y. L.**, Johnson, S. T., & Norcross, M. F., (2021, June). *Single-Leg Triple Hop Propulsion Strategies in Females with and without a History of ACL Reconstruction*, Oral Presentation, 2021 Virtual NATA Clinical Symposia & AT Expo
29. **Huang, Y. L.**, Mulligan, C., Johnson, S. T., Pollard, C., Hannigan, K., & Norcross, M. F., (2020, July), *The Influence of Quadriceps Rate of Torque Development on Limb-symmetry in Knee Moment during Double-*



*leg Jump Landings in ACL-reconstructed and Healthy Females*, Oral Presentation, 2020 Virtual NATA Clinical Symposia & AT Expo

30. Mulligan, C., **Huang, Y. L.**, Gibbs, E. R., & Norcross, M. F., (2020, July), *Multi-joint control strategies do not differ between limbs during single-leg triple hop landing in ACL reconstructed females*, , Oral Presentation, 2020 Virtual NATA Clinical Symposia & AT Expo
31. Mulligan, C., **Huang, Y. L.**, Johnson, S. T., & Norcross, M. F., (2020, Feb), *Relationship Between Functional Hop Performance and Quadriceps Rate of Torque Development in ACL Reconstructed Females*, 2020 Northwest ACSM Annual Meeting, Oral Presentation, Boise, USA.
32. **Huang, Y. L.**, Jung, J., Mulligan, C. M., Oh, J., & Norcross, M. F. (2019, June). *Assessment of the foundational evidence supporting the efficacy of ACL IPPs: A systematic review*, 2019 NATA Clinical Symposia & AT Expo, Poster Presentation, Las Vegas, USA.
33. Mulligan, C., Chang, E., **Huang, Y. L.**, Johnson, S. T., & Norcross, M. F., (2019, June) *Relationship between Functional Hop Performance and ACL-Injury Related Knee Biomechanics in the Sagittal Plane during a Single-Leg Jump Cut*, 2019 NATA Clinical Symposia & AT Expo, Poster Presentation, Las Vegas, USA.
34. **Huang, Y. L.**, Jung, J., Mulligan, C. M., Oh, J., & Norcross, M. F. (2019, April). *Assessment of the foundational evidence supporting the efficacy of ACL IPPs: A systematic review*, College of Public Health and Human Sciences Annual Graduate Student Poster Session at the Oregon State University, Corvallis, OR, USA.
35. **Huang, Y. L.**, Johnson, S. T., & Norcross, M. F., (2018, June). *Relationships between Triple Extensor Explosive Strength and Horizontal Jump Performance*, 2018 NATA Clinical Symposia & AT Expo, Poster Presentation, New Orleans, USA.
36. **Huang, Y. L.**, Johnson, S. T., & Norcross, M. F., (2018, April). *Relationships between Triple Extensor Explosive Strength and Horizontal Jump Performance*, College of Public Health and Human Sciences Annual Graduate Student Poster Session at the Oregon State University, Corvallis, OR, USA.
37. Lin, K. W. & **Huang, Y. L.** & Chen, C. S. (2017, July). *The Effect of Taping on Knee Kinematics and Kinetics during side-hop*. XXVI Congress of the International Society of Biomechanics, Brisbane, Australia.
38. **Huang, Y. L.**, Chang, E., Johnson, S. T., Pollard, C., Hoffman, M. A., & Norcross, M. F., (2017, June). *Comparison of Quadriceps Rate of Torque Development and Sagittal Plane Knee Kinematics during Two Jump Tasks between ACL Reconstructed and Healthy Females*, 2017 NATA Clinical Symposia & AT Expo, Thematic Poster Presentation, Huston, USA.

39. Chang, E., Johnson, S. T., Pollard, C., **Huang, Y. L.**, Hoffman, M. A., & Norcross, M. F., (2017, June). *Sagittal Plane Knee Mechanics in Those Who Pass or Fail a Functional Test Battery*, 2017 NATA Clinical Symposia & AT Expo, Thematic Poster Presentation, Huston, USA.
40. Nelson, W. F., **Huang, Y. L.**, Johnson, S. T., & Norcross, M. F., (2017, May). *Development of a Method to Quantitatively Measure Arthrogenic Muscle Inhibition in the Peroneals*, Celebrating Undergraduate Excellence Poster Presentation at the Oregon State University, Corvallis, OR, USA.
41. **Huang, Y. L.**, Chang, E., Johnson, S. T., Pollard, C., Hoffman, M. A., & Norcross, M. F., (2017, April). *Comparison of Quadriceps Rate of Torque Development and Sagittal Plane Knee Kinematics during Two Jump Tasks between ACL Reconstructed and Healthy Females*, College of Public Health and Human Sciences Annual Graduate Student Poster Session at the Oregon State University, Corvallis, OR, USA.
42. Lin, K. W. & **Huang, Y. L.**, Yang, S. W. & Liu, Y. F. (2015, July) *Effect of Knee Taping on Lower Limb Kinematics in Side-Hopping Task*, The 25<sup>th</sup> Congress of the International Society of Biomechanics, Scotland.
43. **Huang, Y. L.**, (2014, December). *Anterior Cruciate Ligament Deficiency in an Olympic Judo Athletic: A Case Report investigating Rehabilitation and Bracing*, Department of Kinesiology Student Research Day at the UT-Arlington, Arlington, TX, USA.
44. **Huang, Y. L.**, (2014, July). *Anterior Cruciate Ligament Tear of an Olympic Judo Athlete- A Case Report*, Southwest Athletic Trainers' Association Annual Meeting, Dallas, TX, USA.
45. **Huang, Y. L.**, (2011, May). *The effect of taping on knee kinematics in healthy people during side hop*, Northeast Asia Conference on Kinesiology, Seoul, South Korea.

#### **演講/講座 Invited Presentations (51)**

1. 2025 國立臺灣師範大學 - 體育與運動科學系，運動防護 「運動防護員臨床指導工作坊：傳承與精進（運動防護員繼續教育課程）  
**Huang, Y. L.**, Athletic Trainer Clinical Preceptorship Workshop: Legacy and Advancement, National Taiwan Normal University, Taiwan, 2025 (TATS approved continuing education program)
2. 2025 運動醫學專科醫師訓練課程，運動員的疲勞監測與恢復 & 前十字韌帶術後回場考量與判定  
**Huang, Y. L.**, Athlete Fatigue Monitoring and Recovery & Considerations and Criteria for Return-to-Play following ACL Reconstruction, Sports Medicine Specialist Training, Taiwan, 2025
3. 2024 國家運科中心，運動防護的數據化轉型研討會，開幕演講：臺灣運動傷病監控系統與流行病學資料庫  
**Huang, Y. L.**, Opening Speech: Introduce EMR and Sport Epidemiology Database in Taiwan, Taiwan Institute of Sport Science, Taiwan, 2024

4. 2024 第四屆運動員照護與運動表現國際研討會，探討腦震盪與下肢傷害之關聯  
**Huang, Y. L.**, Exploring the Link Between Concussions and Lower Extremity Injuries, Taiwan, 2024
5. 2024 中華職棒，職棒復原者聯盟運動防護研討會，數據化運動防護：運動傷病監控系統之應用  
**Huang, Y. L.**, Introduce EMR and Sport Epidemiology Database in Taiwan, Chinese Professional Baseball League, Taiwan, 2024
6. 2024 中華民國體育運動總會，教練學苑數位學習課程 - 運動醫學「緊急應變救護計畫」  
**Huang, Y. L.**, Coaches' Academy Digital Learning Course – Sports Medicine: Emergency Action Plan, Republic of China Sports Federation, Taiwan, 2024
7. 2024 中華民國山岳協會，A級運動攀登教練訓練：兒少運動訓練注意事項  
**Huang, Y. L.**, Considerations when Training Youth Athletes, Chinese Taipei Alpine Association, Taiwan, 2024
8. 2024 國家訓練中心，112年運動教練職能訓練：運動傷害防護-安全訓練環境  
**Huang, Y. L.**, Sport Coach Training Camp: Environment Safety in Sports, Taiwan National Sport Training Center, Taiwan, 2024
9. 2024 國家訓練中心，112年運動教練職能訓練：運動傷害防護-運動傷害預防與處理  
**Huang, Y. L.**, Sport Coach Training Camp: Sport injury Prevention and Management, Taiwan National Sport Training Center, Taiwan, 2024
10. 2023 國立臺灣師範大學 - 體育與運動科學系，112學年度研究生新生座談會專題分享：Mapping Graduate Success: Goals & Professional Portfolios for Opportunities  
**Huang, Y. L.**, 112 Academic Year New Graduate Student Orientation Symposium: Mapping Graduate Success: Goals & Professional Portfolios for Opportunities, Department of Physical Education and Sport Science, National Taiwan Normal University, Taiwan, 2023
11. 2023 教育部體育署，112年度專任運動教練進階增能研習：疲勞監控 - 運動傷害與疾病預防  
**Huang, Y. L.**, Advanced Enhancement Workshop for Sports Coaches- Fatigue Monitoring - Prevention of Sports Injuries and Illnesses, Taiwan Sport Administration of Ministry of Education, Taiwan, 2023
12. 2023 運動醫學專科醫師訓練課程，運動員的疲勞監測與恢復：實證醫學與臨床應用  
**Huang, Y. L.**, Understanding Fatigue in Sports: Impact on Performance, Injury, and Monitoring Evidence-Based Strategies for Fatigue Recovery and Management, Sports Medicine Specialist Training, Taiwan, 2023
13. 2023 國立臺灣師範大學 - 體育與運動科學系，運動防護「血流限制訓練原理與實做工作坊（運動防護員繼續教育課程）」

- Huang, Y. L.,** Blood Flow Restriction (BFR) Training: Principles and Practical Workshop, National Taiwan Normal University, Taiwan, 2023 (TATS approved continuing education program)
14. 2022 教育部體育署，111年度專任運動教練進階增能研習：安全訓練環境與緊急應變救護計畫  
**Huang, Y. L.,** Advanced Enhancement Workshop for Sports Coaches- Safe Training Environment and Emergency Action Plan, Taiwan Sport Administration of Ministry of Education, Taiwan, 2022
15. 2022 運動醫學專科醫師訓練課程，前十字韌帶傷害與術後回場前的功能性測試：實證醫學與臨床應用  
**Huang, Y. L.,** Return to Sport following ACL injury and Reconstructions and Evidence Based Decision Making, Sports Medicine Specialist Training, Taiwan, 2022
16. 2022 臺北運動科學論壇，下肢傷害後回場前的功能性測試：實證醫學與臨床應用  
**Huang, Y. L.,** Return to Sport following Lower Extremity Injury and Evidence Based Decision Making, Taipei Sports and Exercise Science Forum, Taiwan, 2022
17. 2022 臺南市立大成國民中學，運動傷害預防與緊急處理  
**Huang, Y. L.,** Injury Prevention and Emergency Responses in Sports, Tainan Municipal Dacheng Junior High School, Taiwan, 2022
18. 2022 國家訓練中心，111年運動教練職能訓練：運動傷害防護-安全訓練環境  
**Huang, Y. L.,** Sport Coach Training Camp: Environment Safety in Sports, Taiwan National Sport Training Center, Taiwan, 2022
19. 2022 國家訓練中心，111年運動教練職能訓練：運動傷害防護-運動傷害預防與處理  
**Huang, Y. L.,** Sport Coach Training Camp: Sport injury Prevention and Management, Taiwan National Sport Training Center, Taiwan, 2022
20. 2022 台灣運動傷害防護學會，下肢傷害後回場前的功能性測試：實證醫學與臨床應用（運動防護員繼續教育課程）  
**Huang, Y. L.,** Return to Sport following Lower Extremity Injury and Evidence Based Decision Making, Taiwan National Sport Training Center, Taiwan, 2021 (TATS approved continuing education program)
21. 2022 中國醫學大學，運動醫學系，美國運動防護學程留學  
**Huang, Y. L.,** Study Aboard in Athletic Training Program in the USA, China Medical University, Taiwan, 2022
22. 2021 教育部體育署，110年度專任運動教練進階增能研習：運動緊急狀況行動計畫教練之角色與職責－以熱疾病為例  
**Huang, Y. L.,** Advanced Enhancement Workshop for Sports Coaches - Emergency Action Plan: A Coach's Duty, Taiwan Sport Administration of Ministry of Education, Taiwan, 2021

23. 2021 國家訓練中心，110年運動教練職能訓練：運動傷害防護-安全訓練環境  
**Huang, Y. L.,** Sport Coach Training Camp: Environment Safety in Sports, Taiwan National Sport Training Center, Taiwan, 2021
24. 2021 國家訓練中心，110年運動教練職能訓練：運動傷害防護-運動傷害預防與處理  
**Huang, Y. L.,** Sport Coach Training Camp: Sport injury Prevention and Management, Taiwan National Sport Training Center, Taiwan, 2021
25. 2021 國立臺灣師範大學 - 體育與運動科學系，運動科學特論講座 - 留學心路歷程&學術研究發想  
**Huang, Y. L.,** Sport Science Special Lecture - Navigating the Path of Studying Abroad and Inspiring Academic Research Ideas, Department of Physical Education and Sport Science, National Taiwan Normal University, Taiwan, 2021
26. 2021 GATE Sport Agency，運動留學講座：美國運動防護碩士班  
**Huang, Y. L.,** Study Aboard in Sport and Exercise related field: Master of Athletic Training Program in the USA, GATE Sport Agency, Taiwan (virtual conference), 2021
27. 2021 中華女子足球隊，中華女足知識講堂：前十字韌帶傷害的預防與處理  
**Huang, Y. L.,** ACL Injury Prevention and Management, Chinese Taipei Women's National Football Team, Taiwan (virtual), 2021
28. 2021 國家訓練中心，下肢傷害後回場前的功能性測試：實證醫學與臨床應用（運動防護員繼續教育課程）  
**Huang, Y. L.,** Return to Sport following Lower Extremity Injury and Evidence Based Decision Making, Taiwan National Sport Training Center, Taiwan, 2021 (TATS approved continuing education program)
29. 2021 GATE Sport Agency，9月 Sport Talk，跨國線上講座：研究是為服務人群而存在  
**Huang, Y. L.,** Research exists to serve the population, GATE Sport Agency, Taiwan and the US (virtual conference), 2021
30. 2020 輔仁大學附設醫院，運動醫學高峰論壇，講座：前十字韌帶重建術後回場與醫病共享決策之考量  
**Huang, Y. L.,** Return to Play after ACL Reconstruction & Shared Decision-making, Fugen Catholic University Hospital, Taiwan, 2020
31. 2020 好奇槓鈴 Curious Barbell，跨國線上講座：運動防護領域經驗分享與台美現況分析  
**Huang, Y. L.,** Experiences and Analysis of Athletic Training in Taiwan and the US (virtual conference), Curious Barbell, Taiwan, 2020
32. 2018 國立台南女子高級中學，講座：運動傷害預防與緊急處理

- Huang, Y. L., Injury Prevention and Emergency Responses in Sports and Physical Activity, National Tainan Girl's Senior High School, Taiwan, 2018**
33. 2017 錢薇娟籃球學院，籃球運動防護課程講師  
**Huang, Y. L., Injury Prevention in Basketball, Basketball Academy, Taiwan, 2017**
  34. 2017 睿奇體能運動館 Optimum Kinetics，下肢運動傷害回場的功能性測試與回場條件研習（運動防護員繼續教育課程）  
**Huang, Y. L., Return to Play after Lower Extremity Injuries Workshops, Optimum Kinetics, Taiwan, 2017 (TATS approved continuing education program)**
  35. 2017 睿奇體能運動館 Optimum Kinetics，矯治運動與功能性訓練（運動防護員繼續教育課程）  
**Huang, Y. L., Functional Assessment and Corrective Exercise Program Workshops, Optimum Kinetics, Taiwan, 2017 (TATS approved continuing education program)**
  36. 2016 台灣運動傷害防護學會，美國運動傷害防護協會立場聲明議題研習（運動防護員繼續教育課程）  
**Huang, Y. L., Concepts and Applications of the NATA Position Statements: Evidence Based Practice Workshop, Taiwan Athletic Trainer' Society, 2016 (TATS approved continuing education program)**
  37. 2016 教育部體育署，新竹市香山高中運動傷害防護教育講座  
**Huang, Y. L., Injury Prevent and Management in Sports, Hsinchu Municipal Hsiang Shan High School, Sport Administration, Ministry of Education, 2016**
  38. 2016 台北市立體育大學，運動防護講座講師：美國與台灣運動防護教育與臨床之差異  
**Huang, Y. L., Athletic Trainers in the USA vs Taiwan- how to do and what to do? University of Taipei, Taiwan, 2016**
  39. 2016 國立臺灣體育運動大學，運動防護講座講師：美國與台灣運動防護教育之差異  
**Huang, Y. L., Athletic Trainers in the USA vs Taiwan- how to do and what to do? National Taiwan University of Sport, Taiwan, 2016**
  40. 2016 美國奧瑞岡州立大學台灣碩博士學生會，講座講師：台灣在國際上的困境-從體育競賽觀點出發  
**Huang, Y. L., The Challenges of Taiwan's International Status in Sports, Oregon State University Taiwanese Graduate Student Association, 2016**
  41. 2016 睿奇體能運動館 Optimum Kinetics，下肢運動傷害回場的功能性測試與回場條件研習（運動防護員繼續教育課程）  
**Huang, Y. L., Return to Play after Lower Extremity Injuries Workshops, Optimum Kinetics, Taiwan, 2016 (TATS approved continuing education program)**

42. 2016 睿奇體能運動館 Optimum Kinetics，矯治運動與功能性訓練（運動防護員繼續教育課程）  
**Huang, Y. L.**, Functional Assessment and Corrective Exercise Program Workshops, Optimum Kinetics, Taiwan, 2016 (TATS approved continuing education program)
43. 2015 國立體育大學，運動防護講座講師：美國與台灣運動防護教育與臨床之差異  
**Huang, Y. L.**, Athletic Trainers in the USA vs Taiwan- how to do and what to do? National Taiwan Sport University, Taiwan, 2015
44. 2015 中國醫學大學，運動防護講座講師：美國與台灣運動防護教育與臨床之差異  
**Huang, Y. L.**, Athletic Trainers in the USA vs Taiwan- how to do and what to do? China Medical University, Taiwan, 2015
45. 2015 聖約翰大學，運動防護講座講師：美國與台灣運動防護教育之差異  
**Huang, Y. L.**, Athletic Trainers in the USA vs Taiwan- how to do and what to do? St. John's University, Taiwan, 2015
46. 2015 睿奇體能運動館 Optimum Kinetics，矯治運動與功能性訓練（運動防護員繼續教育課程）  
**Huang, Y. L.**, Functional Assessment and Corrective Exercise Program Workshops, Optimum Kinetics, Taiwan, 2015 (TATS approved continuing education program)
47. 2013 國立體育大學，運動防護講座講師：運動傷害防護個案報告  
**Huang, Y. L.**, How to write a good case study, National Taiwan Sport University, 2013
48. 2013 國立台南女子高級中學，講座：築夢踏實-為海外留學做好準備  
**Huang, Y. L.**, Preparation for Your Future- Study Abroad, National Tainan Girl's Senior High School, Taiwan, 2013
49. 2012 中華民國柔道總會，柔道 C 級教練研習講師：柔道常見急性傷害之預防與處理  
**Huang, Y. L.**, Prevent and Acute Care of common Judo injuries, Judo Coaching Educational Workshop, Taiwan, 2012
50. 2010 中華民國柔道總會，柔道 C 級教練研習講師：柔道專項體能訓練  
**Huang, Y. L.**, Strength and Condition in Judo Athletes, Judo Coaching Educational Workshop, Taiwan, 2010
51. 2010 中華民國柔道總會，柔道 C 級教練研習講師：柔道常見急性傷害之預防與處理  
**Huang, Y. L.**, Prevent and Acute Care of common Judo injuries, Judo Coaching Educational Workshop, Taiwan, 2010
52. 2009 國立體育大學，運動治療客座課程：Impulse Training System 於神經肌肉運動治療的應用  
**Huang, Y. L.**, Impulse Training System in the neuromuscular therapeutic exercise, National Taiwan Sport University, 2009

## **服務 (SERVICE)**

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### **國家領域服務 National Service**

- 2025 114 年全國中等學校運動會，賽會運動防護指導老師&防護巡場老師  
The National High School Games - Sport Event Athletic Training Expert Consultant, Taichung City Government, Taiwan, 2025
- 2024 113 年全國大專校院運動會，賽會運動防護指導老師  
The National Intercollegiate Athletic Games - Sport Event Athletic Training Expert Consultant, Taichung City Government, Taiwan, 2023
- 2023 112 年全國運動會，賽會運動防護專家顧問&防護巡場老師  
The National Games - Sport Event Athletic Training Expert Consultant, Tainan City Government, Taiwan, 2023
- 2023- 教育部體育署 - 中華民國體育運動總會 112 年辦理教練學苑前置作業，運動醫學專科小組  
Ministry of Education, Sports Administration - Chinese Taipei Sports Association, Year 112  
Implementation of Pre-Operations for the Coaches Academy, Sports Medicine Specialist Group, Taiwan, 2023-
- 2023- 教育部體育署：各級學校專任運動教練進階增能研習會，運動防護與防傷訓練課程規劃委員  
Advanced Enhancement Workshop for School Sports Coaches – Athletic Training and Sport Injury Prevention Training Curriculum Development Committee, Taiwan Sport Administration of Ministry of Education, Taiwan, 2023-
- 2022- 國家運動科學中心，運動醫學處籌備委員  
Sport Medicine Development Committee Member, Taiwan Institute of Sports Science, Taiwan, 2022-
- 2021- 國家訓練中心：杭州亞運運動科學-運動醫學組委員  
Sport Science – Sport Medicine Committee Member, Taiwan National Sport Training Center, Taiwan, 2021-

### **專業領域服務 Professional Service**

- 2024-2028 台灣運動傷害防護學會，理事會，理事



Board of Directors, Taiwan Athletic Trainer' Society, 2024-2028

- 2023 國際體育教學研討會，教學紀錄組組長  
International Sport Teaching Symposium, Head of the Teaching Records Committee, Taiwan, 2023
- 2022-2023 台灣運動傷害防護學會，111-1 & 2 運動防護證照術科考試召集人  
Practical Exam Development Committee Chair, Taiwan Athletic Trainer Licensure Exam, Taiwan Athletic Trainer' Society, 2022-2023
- 2022 台灣運動傷害防護學會，課程委員會委員  
Education Committee, Taiwan Athletic Trainer Licensure Exam, Taiwan Athletic Trainer' Society, 2022
- 2011-2022 台灣運動傷害防護學會，110-1 & 2 運動防護證照術科考試委員與考官  
Practical Exam Development Committee & Practical Exam Examiner, Taiwan Athletic Trainer Licensure Exam, Taiwan Athletic Trainer' Society, 2022-2023
- 2020 台灣運動傷害防護學會，108 與 109 運動防護證照術科考試考官  
109 Practical Exam Examiner, Taiwan Athletic Trainer Licensure Exam, Taiwan Athletic Trainer' Society, 2020  
108 Practical Exam Examiner, Taiwan Athletic Trainer Licensure Exam, Taiwan Athletic Trainer' Society, 2020
- 2018 台灣運動傷害防護學會，美國職業籃球隊NBA的運動防護之道（運動防護繼續教育課程）  
即席翻譯  
Consecutive Interpreter, Athletic Training in Professional Basketball and NBA: Concepts and Techniques Workshops, Taiwan Athletic Trainer' Society, 2018 (TATS approved continuing education program)
- 2017 台灣運動傷害防護學會，運動防護證照術科考試委員與考官  
Practical Exam Development Committee & Practical Exam Examiner, Taiwan Athletic Trainer Licensure Exam, Taiwan Athletic Trainer' Society, 2017
- 2017- 夥炬運動健康全人團隊創辦人與作者  
Contributing Author & Owner of an Interdisciplinary Professional Blog, Enlightener Professional Sport Medicine Resource, 2017-present,  
夥炬運動健康全人團隊: <https://sportenlightener.wordpress.com/>
- 2016- 台灣運動傷害防護學會，運動防護新知與海外進修諮詢顧問  
Athletic Training New Information and Study Aboard Consultant, Taiwan Athletic Trainer' Society, 2016-present
- 2015 台灣運動傷害防護學會，運動防護證照筆試考試委員  
Written Exam Development Committee, Taiwan Athletic Trainer Licensure Exam, Taiwan Athletic Trainer' Society, 2015

## **專業知識轉譯服務 Professional Service on Knowledge Translation**

- 2024 – 運動防護生態學 Podcast (2470 +followers) 與創辦人  
Creator & Author of Professional Podcast (2470 +followers), Athletic Training Ecology, 2024-present  
Instagram: <https://www.instagram.com/atecology/>  
Apple Podcast:  
<https://podcasts.apple.com/tw/podcast/%E9%81%8B%E5%8B%95%E9%98%B2%E8%AD%B7%E7%94%9F%E6%85%8B%E5%AD%B8-athletic-training-ecology/id1760292349>
- 2014 - 運動防護專業知識臉書專頁 (7880 +followers) 與社團討論區創辦人與作者  
Creator & Author of Professional Blogs and Facebook Fan Page (7772 +followers), Athletic Training Education Resource, 2018-present  
運動防護專業知識 Athletic Training FB:  
<https://www.facebook.com/athletictrainingtw/?ref=bookmarks>  
運動防護專業知識: <https://athletictrainingtw.com/>  
運動防護專業知識 Athletic Training: <https://www.sportsv.net/authors/athletictrainingtw>  
運動傷害防護 (Athletic Training) 知識與資訊分享討論區:  
<https://www.facebook.com/groups/1561489567407767/>

## **學校服務 University and College Service**

### **國立臺灣師範大學 National Taiwan Normal University, Taiwan**

#### **體育室 Athletic Department**

- 2025 國立臺灣師範大學，體育室，114 年全校水上運動會，醫護組組長  
2024 National Taiwan Normal University, Athletic Department, 113th Annual Aquatic Sports Games, Sport Medical Team – Director
- 2024 國立臺灣師範大學，體育室，114 年全校運動會，醫護組組長  
2024 National Taiwan Normal University, Athletic Department, 113th Annual Sports Tournament, Sport Medical Team – Director
- 2024 國立臺灣師範大學，體育室，113 年全校水上運動會，醫護組組長  
2024 National Taiwan Normal University, Athletic Department, 113th Annual Aquatic Sports Games, Sport Medical Team – Director
- 2024 國立臺灣師範大學，體育室，113 年全校運動會，醫護組組長  
2024 National Taiwan Normal University, Athletic Department, 113th Annual Sports Tournament, Sport

Medical Team – Director

- 2023 國立臺灣師範大學，體育室，112 年全校運動會，醫護組組長  
2023 National Taiwan Normal University, Athletic Department, 112th Annual Sports Tournament, Sport Medical Team – Director
- 2023 國立臺灣師範大學，體育室，木鐸杯，醫護組組長  
2023 National Taiwan Normal University, Sports Office, Wooden Bell Cup, Sport Medical Team – Director
- 2022- 國立臺灣師範大學，體育室，111 年全校運動會，醫護組與糾察服務組 - 組長
- 2022 National Taiwan Normal University, Athletic Department, 111th Annual Sports Tournament, Sport Medical Team and Event Management Team – Director
- 2021 國立臺灣師範大學，體育室，110 年全校運動會，啦啦隊競賽組副組長  
2021 National Taiwan Normal University, Sports Office, 110th Annual Sports Tournament, Cheerleading Competition - Deputy Team Leader

**體育與運動科學系 Department of Physical Education and Sport Sciences**

- 2025 國立臺灣師範大學，體育與運動科學系，113 級體育表演會，醫療梳化組 - 指導老師  
2025 National Taiwan Normal University, Department of Physical Education and Sport Sciences, 113th Annual Sports Performance Exhibition, Medical and Rehabilitation Group - Supervisor
- 2025 國立臺灣師範大學，體育與運動科學系，114 學年度碩士班甄試入學招生考試，運動自然科學組 - 甄選委員  
2025 National Taiwan Normal University, Department of Physical Education and Sport Sciences, Master's Program Entrance Examination for Academic Year 114, Sports Science Track – Selection Committee Member
- 2024 國立臺灣師範大學，體育與運動科學系，112 級體育表演會，醫療梳化組 - 指導老師  
2024 National Taiwan Normal University, Department of Physical Education and Sport Sciences, 112th Annual Sports Performance Exhibition, Medical and Rehabilitation Group - Supervisor
- 2024 國立臺灣師範大學，體育與運動科學系，113 學年度碩士班甄試入學招生考試，運動自然科學組 - 甄選委員  
2024 National Taiwan Normal University, Department of Physical Education and Sport Sciences, Master's Program Entrance Examination for Academic Year 113, Sports Science Track – Selection Committee Member

- 2023 國立臺灣師範大學，體育與運動科學系，111 級體育表演會，場器組 - 指導老師  
2023 National Taiwan Normal University, Department of Physical Education and Sport Sciences, 111th Annual Sports Performance Exhibition, Venue Management Group - Supervisor
- 2022 國立臺灣師範大學，運動與休閒學院，111 年運休學院生源萌芽特色影片，體育與運動科學系 - 指導老師  
2022 National Taiwan Normal University, College of Sports and Recreation, Promotional Video for 111th Year of Sports and Recreation - Supervisor, Department of Physical Education and Sport Sciences
- 2022 國立臺灣師範大學，體育與運動科學系，111 年體育表演會，接待組 - 指導老師  
2022 National Taiwan Normal University, Department of Physical Education and Sport Sciences, 111th Annual Sports Performance Exhibition, Reception Group - Supervisor
- 2022 - 國立臺灣師範大學，體育與運動科學系，大學生事務委員會  
National Taiwan Normal University, Department of Physical Education and Sport Sciences, Undergraduate Affairs Committee
- 2022 - 國立臺灣師範大學，體育與運動科學系，115 級學術生涯導師  
National Taiwan Normal University, Department of Physical Education and Sport Sciences, Academic Career Mentor for 115th Class
- 2021- 國立臺灣師範大學，體育與運動科學系，研究生事務委員會  
National Taiwan Normal University, Department of Physical Education and Sport Sciences, Graduate Affairs Committee

#### **體育與運動科學系，運動傷害防護學程 Department of Physical Education and Sport Sciences, Athletic**

##### **Training Education Program**

- 2025 國立臺灣師範大學，體育與運動科學系，第四屆運動防護實習前戰鬥營，主辦教師與課程講師  
2025 National Taiwan Normal University, Department of Physical Education and Sport Sciences, Fourth, In-service Camp for Athletic Training Internships - Organizer and Course Instructor
- 2024 國立臺灣師範大學，體育與運動科學系，第三屆運動防護實習前戰鬥營，主辦教師與課程講師  
2024 National Taiwan Normal University, Department of Physical Education and Sport Sciences, Fourth, In-service Camp for Athletic Training Internships - Organizer and Course Instructor
- 2023 國立臺灣師範大學，體育與運動科學系，中華職棒味全龍運動防護參訪，籌辦教師

2023 National Taiwan Normal University, Department of Physical Education and Sport Sciences, Visit to the Wei Chuan Dragons for Athletic Training - Organizer

- 2023 國立臺灣師範大學，體育與運動科學系，EMT-1 初訓台師大專班，籌辦教師

2023 National Taiwan Normal University, Department of Physical Education and Sport Sciences, EMT-1 Initial Training Program for College Students - Organizer

- 2023 國立臺灣師範大學，體育與運動科學系，第二屆運動防護實習前戰鬥營，主辦教師與課程講師

2023 National Taiwan Normal University, Department of Physical Education and Sport Sciences, 2nd In-service Camp for Athletic Training Internships - Organizer and Course Instructor

- 2023 國立臺灣師範大學，體育與運動科學系，運動防護海外實習，籌備負責教師

2023 National Taiwan Normal University, Department of Physical Education and Sport Sciences, Overseas Internship for Athletic Training - Preparation Supervisor

- 2022 國立臺灣師範大學，體育與運動科學系，第一屆運動防護實習前戰鬥營，主辦教師與課程講師

2022 National Taiwan Normal University, Department of Physical Education and Sport Sciences, 1st In-service Camp for Athletic Training Internships - Organizer and Course Instructor

#### **美國威斯康辛大學 - 歐克萊爾校區 University of Wisconsin - Eau Claire, USA**

- 2020- 2021 美國威斯康辛大學 - 歐克萊爾校區，教育與人類學院，多元包容卓越理事會，人體運動學系代表

Committee Representative of Inclusive Excellent Council, College of Education & Human Sciences, University of Wisconsin – Eau Claire, USA 2020-2021

- 2019- 2021 美國威斯康辛大 - 學歐克萊爾校區，運動防護學門，運動防護臨床實習教育協調專員  
Clinical Coordinator of Athletic Training Program, Department of Kinesiology, University of Wisconsin – Eau Claire, USA 2019-2021

- 2019- 2021 美國威斯康辛大學 - 歐克萊爾校區，人體運動學系課程與評量委員會  
Curriculum and Assessment Committee, Department of Kinesiology, University of Wisconsin – Eau Claire, USA 2019-2021

- 2019- 2021 美國威斯康辛大學 - 歐克萊爾校區，運動防護學門課程與評量委員會  
Athletic Training Subcommittee, Department of Kinesiology, University of Wisconsin – Eau Claire, USA 2019-2021

### **就學時期服務 Service as Students**

- 2018- 2019 美國奧瑞岡州立大學，人體運動力學實驗室重建與實驗室手冊編撰團隊  
Reconstructed OSU Biomechanics Laboratory & developed Lab Operation Procedure Manual, Oregon State University, USA 2018-2019
- 2017 美國奧瑞岡州立大學，人體運動學新任教師招募委員會  
Faculty search committee, Kinesiology Program, College of Public Health and Human Sciences, School of Biological and Population Health Sciences at Oregon State University 2017
- 2014- 2015 美國德州大學 - 阿靈頓校區，運動防護碩士班入學招募委員會  
Graduate student recruitment committee, Master of Science in Athletic Training at University of Texas at Arlington, 2014 & 2015
- 2007-2008 國立體育大學，運動保健碩士班學生會代表  
Graduate student representative, Athletic Training Student Council, NTSU, September 2007-June 2008
- 2006-2008 國立台南女子高級中學，校友會青年發展部專案經理  
Project Manager, Alumni Association of National Tainan Girl's Senior High School- December 2006-December 2008
- 2005-2007 國立體育大學，運動保健學系系學會活動長  
The head of activity committee, NTSU Student Organization of Athletic Training and Health Department, 2005-2007

### **期刊編審 Editorial Appointments**

- Editorial Review Member of Journal of Health, Sports and Kinesiology (JOHSK), 2020-current

### **期刊審查 Reviewing (Manuscript)**

- International Journal of Sports Medicine

### **研討會投稿審查 Reviewing (Abstract)**

- Conference Review Committee Member, The 2020 IOHSK Annual International Virtual Conference

### **語言能力**

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- 國、台語（母語） Mandarin Chinese and Taiwanese (Native Language)
- 英文（第二語言） English (Second Language)