

# 詹貴惠近五年著作

## (一) 期刊論文

\*為通訊作者，NSC XX 與 DOH XX 為國科會與衛生署補助之計畫代號

林書丞、羅盛安、侯建文、詹貴惠\* (2017)。不同經期狀況大專女性運動員性荷爾蒙、骨密度與骨代謝指標。大專體育學刊，19 (2)，170-182。DOI:10.5297/ser.1902.006。 (TSSCI)  
(NSC 100-2410-H-179-004-MY2)

劉庭豪、許淑淨、詹貴惠\* (2017)。劇烈運動下增補肌酸對腎臟的副作用。中華體育季刊，31 (2)，153-160。DOI: 10.3966/102473002017063102007。。

Yang, M.T., Lee, M.M., Hsu, S.C., Chan, K.H. \* (2017). Effects of high-intensity interval training on canoeing performance. *European Journal of Sport Science*. 17 (7), 814-820. doi: 10.1080/17461391.2017.1314553 (MOST 104-2410-H-179-007)  
(SCI, IF: 1.785; Ranking: 30/82 (36.6%) in Sport Sciences Category; Times cited: 0)

Yang, S.C., Wang, C. C., Lee, S. D., Lee, Y.C., Chan, K.H., Chen, Y.L., Fogt, D. L., Kuo, C. H. (2016). Impact of 12-s rule on performance and muscle damage of baseball pitchers. *Medicine & Science in Sports & Exercise*, 48(12), 2512-2516. doi: 10.1249/MSS.0000000000001048.  
(SCI, IF: 4.041; Ranking: 6/81 (7.4%) in Sport Sciences Category; Times cited: 0)

王潔玲、陳淑枝、王嘉吉、張家榮、詹貴惠\* (2016)。不同運動類型大專甲組女性運動員飲食態度、月經週期狀況與骨質密度之差異，**運動教練科學**，**41**，**81-92**。  
(NSC 100-2410-H-179-004-MY2)

林書丞、詹貴惠、陳志誠、成和正、林大猷 (2016)。補充不同pH值之鹼性電解水對成年人無氧動力之影響。嘉大體育健康休閒，15 (1)，28-37。DOI: 10.6169/NCYUJPEHR.15.1.03。

Wang, C.C., Yang, M.T., Lu, K.H., Chan, K.H. \* (2016). The effects of creatine supplementation on explosive performance and optimal individual postactivation potentiation time. *Nutrients*, 8, 143. doi:10.3390/nu8030143. (NSC 99-2410-H-179-011)  
(SCI, IF: 3.759; Ranking: 16/78 (20.5%) in Nutrition & Dietetics Category; Times cited: 0)

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。**大專體育**，**134**，74-84。DOI: 10.6162/SRR.2015.134.08。

楊明達、鄭羽潔、詹貴惠\* (2015)。抗力球訓練對射箭選手肌肉功能、平衡能力與運動表現的影響。**體育學報**，**48**(2)，139-148。DOI:10.3966/102472972015094802002。 (TSSCI)

楊明達、陳淑枝、何孟霖、黃挺嘉、詹貴惠\* (2014)。補充不同口服復水溶液對舉重選手之復水效益與無氧動力的影響。**大專體育學刊**，**16** (4)，423-431。DOI:10.5297/ser.1604.007。 (TSSCI) (NSC 99-2410-H-179-011)

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. *Journal of Sports Medicine and Physical Fitness*, 54(5), 680-682.

(SCI, IF: 1.111; Ranking: 57/82 (69.5%) in Sport Sciences Category; Times cited: 0)

李綿綿、王嘉吉、王錠堯、詹貴惠\* (2014)。協同環狀運動課程對女性之代謝症候群危險因子的影響。 *大專體育學刊*, 16 (3), 342-329。DOI:10.5297/ser.1603.007。 (TSSCI)

張政鈺、陸康豪、詹貴惠\* (2014)。間歇充氣加壓對運動後恢復之效果。 *中華體育季刊*, 28 (3), 211-217。DOI:10.6162/SRR.2013.126.05。

張政鈺、詹貴惠\* (2013)。運動員軟組織損傷與營養。 *臺灣體育論壇*, 7, 15-24。

張政鈺、詹貴惠\* (2013)。壺鈴在運動訓練上的效益。 *大專體育*, 126, 33-43。  
DOI:10.6162/SRR.2013.126.05。

Wang, C.C., Chu, C.H., Chu, I.H., Chan, K.H., & Chang, Y.K. (2013). Executive function during acute exercise: The role of exercise intensity. *Journal of Sport & Exercise Psychology*, 35(4), 358-367. (NSC 100-2410-H-179-001)

(SCI, IF: 2.379; Ranking: 17/82 (20.7%) in Sport Sciences Category; Times cited: 2)

陸康豪、蔡平賢、詹貴惠\* (2013)。田徑場距離標示訓練法對國小學童之體脂率及心肺適能的影響。 *體育學報*, 46(2), 111-120。DOI: 10.6222/pej.4602.201306.0601。 (TSSCI)

## (二) 研討會論文

Wang, C.C., Yang, M.T., Lin, S.C., Lee, M.M., Chan, K.H. (2017). The effects of creatine supplementation on explosive performance and optimal individual postactivation potentiation time of upper body in kayak athletes. Paper presented at the 22<sup>nd</sup> Annual Congress of the European College of Sport Science, Essen, Germany. (Oral)

林欣怡、黃博暉、詹貴惠 (2017)。使用橄欖油基質皂對下坡跑後疲勞之改善效益。論文發表於 2017 國際運動生理及體能領域學術研討會，台北市，臺北市立大學，台灣。(口頭發表)  
榮獲大會『優秀論文獎』

Huang, B. H., Lin, H. Y., Chan, K. H., & Huang, C. H. (2017). *Using polyphenol-based soap ameliorates eccentric exercise-induced muscle damage*. Paper presented at the 64th Annual Meeting of the American College of Sports Medicine, Denver, Colorado, USA. (Poster presentation) Paper printed in *Medicine & Science in Sports & Exercise*, 49 (5), S705.

Chan, K.H., Huang, B.H, Wang, C.C. (2016). *Effects of creatine supplementation on explosive performance after complex training*. Paper presented at the 7<sup>th</sup> Asia Conference on Kinesiology, Incheon, Korea. (Highlighted symposium)

Yang, M.T., Lin, S.C., Chien, L.H., Lu, K.H., & Chan, K.H. (2016). *Effects of two weeks of betaine*

*supplementation on apoptosis and oxidative stress after exhaustive endurance exercise.* Paper presented at the 7<sup>th</sup> Asia Conference on Kinesiology, Incheon, Korea. (Oral presentation)

王千彥、陳麗華、柯閔仁、詹貴惠 (2015)。六週極低量高強度間歇訓練對不同體位之國中生心肺適能及身體組成之影響。論文發表於營養、運動與健康體位學術研討會暨台灣運動營養學會第一屆第二次年會，台北市，台北醫學大學，台灣。(海報發表)

Yang, M.T., Lin, S.C., Chien, & Chan, K.H. (2016). *Effects of single-dose supplementation of betaine on oxidative stress after exhaustive endurance exercise.* 論文發表於營養、運動與健康體位學術研討會暨台灣運動營養學會第一屆第二次年會，台北市，台北醫學大學，台灣。(海報發表)

李正展、詹貴惠 (2016)。四週呼氣保留的衝刺間歇訓練對 50 公尺捷泳及心跳恢復的影響。論文發表於 2016 台北市立大學休閒運動研討會暨論壇，台北市，臺北市立大學，台灣。(口頭發表)

黃博暉、林欣怡、詹貴惠、黃啟煌 (2016)。使用多酚類基質皂對離心運動誘發肌肉損傷的間接指標之減緩效果。論文發表於 2016 國際運動生理及體能領域學術研討會，桃園市，國立體育大學，台灣。(口頭發表)

柯閔仁、黃博暉、林書丞、詹貴惠(2016)。極低量高強度間歇訓練效益之探討。論文發表於 2016 國際運動生理及體能領域學術研討會，桃園市，國立體育大學，台灣。(口頭發表)

楊明達、林書丞、簡鸞慧、陸康豪、詹貴惠 (2016)。二週甜菜鹼增補對有氧能力之影響。論文發表於 2016 國際運動生理及體能領域學術研討會，桃園市，國立體育大學，台灣。(海報發表)

Liu, T. H., Lu, K. H. Chen, H. H., Chan, K. H. (2016). *The correlation between blood lactate and cardiac troponin I following a set of intermittent running.* Paper presented at the 62nd Annual Meeting of the American College of Sports Medicine, Boston, Boston, Massachusetts, USA. (Thematic poster presentation). Paper printed in *Medicine & Science in Sports & Exercise*, 48 (5), S262.

Tzeng, C. Y, Yang, S. C., Wang, C. C., Lee, Y. C., Chan, K. H., Kuo, C. H. (2016). *Effect of rest interval between pitches on throwing performance and muscle damage markers in pitchers.* Paper presented at the 62nd Annual Meeting of the American College of Sports Medicine, Boston, Boston, Massachusetts, USA. (Poster presentation) Paper printed in *Medicine & Science in Sports & Exercise*, 48 (5), S698.

Wang, C. C., Yang, S. C, Fang, C. C., Cheng, F. Y., Tsao, L. Y., Chan, K. H. (2016). *Effects of creatine supplementation on athletic performance and body composition after complex training.* Paper presented at the 62nd Annual Meeting of the American College of Sports Medicine, Boston, Boston, Massachusetts, USA. (Poster presentation) Paper printed in

Medicine & Science in Sports & Exercise, 48 (5), S769.

李綿綿、蔡欣芸、詹貴惠 (2015)。台灣大專甲組運動員營養知識調查。論文發表於第一屆台灣運動營養學會年度會議暨國際運動科學產業學術論壇，台北市，臺北市立大學，台灣。(口頭發表)

楊明達、林書丞、陸康豪、簡鸞慧、詹貴惠 (2015)。單次甜菜鹼增補對力竭性耐力運動後細胞凋亡與有氧能力之影響。論文發表於第一屆台灣運動營養學會年度會議暨國際運動科學產業學術論壇，新北市，輔仁大學，台灣。(口頭發表)

林書丞、陸康豪、陳紘學、詹貴惠 (2015)。高強度間歇訓練搭配輔酶 Q<sub>10</sub> 增補對心肌生物標記之影響。論文發表於第一屆台灣運動營養學會年度會議暨國際運動科學產業學術論壇，新北市，輔仁大學，台灣。(口頭發表) 榮獲大會『佳作論文』

Wang, C. C., Tsai, H. Y., & Chan, K. H. (2015). *The effects of short-term creatine supplementation on sports performance and individual postactivation potentiation time*. Paper presented at the 11th World Congress of the International Society for Adaptive Medicine, Yonago, Japan. (Poster presentation)

Lin, S. H., Chen, Y. B., Lo, S. A., & Chan, K. H. (2015). *Differences in sex hormones and bone minerals between oligomenorrhea and eumenorrhea female collegiate athletes*. Paper presented at the 11<sup>th</sup> World Congress of the International Society for Adaptive Medicine, Yonago, Japan. (Poster presentation)

Yang, M. D., Chen, Y. B., Chen, H. H., & Chan, K. H. (2015). *Effects of high-intensity interval training with coenzyme Q<sub>10</sub> supplementation on aerobic capacity*. Paper presented at the 11<sup>th</sup> World Congress of the International Society for Adaptive Medicine, Yonago, Japan. (Poster presentation)

王嘉吉、詹貴惠 (2015)。肌酸增補對以個人活化後增益作用時間進行單次複合式訓練之肌肉損傷和能量代謝的影響。論文發表於 2015 台灣身體活動與運動科學學會暨台灣運動社會學會聯合國際學術研討會，台中市，中興大學，台灣。(口頭發表)

林書丞、羅盛安、詹貴惠 (2014)。大專女性運動員性荷爾蒙及骨代謝指標的相關。論文發表於 2014 體育運動學術團體聯合年會暨學術研討會，高雄市，樹德科技大學，台灣。(海報發表) 榮獲大會『最佳論文獎』

王嘉吉、詹貴惠 (2014)。肌酸增補對活化後增益作用時間影響。論文發表於台灣運動科技發展協會第四屆運動科技應用論文競賽，台中市，財團法人鞋類暨運動科技研發中心，台灣。(口頭發表) 榮獲大會『佳作論文』

Lu, K. H., Chang, C.Y., & Chan, K. H. (2014). *Cardiac biomarkers response to high-intensity intermittent exercise*. Paper presented at the 1st Asia Pacific Conference on Coaching Science,

Sapporo, Japan. (Oral presentation)

Wang, T. Y., Lee, M. M., & Chan, K. H. (2014). *Acute response and adaptation of intermittent hypoxia or hyperoxia during high-intensity interval training on exercise-induced stresses*. Paper presented at the 61st Annual Meeting of the American College of Sports Medicine, Orlando, Florida, USA. (Poster presentation) Paper printed in *Medicine & Science in Sports & Exercise*, 46 (5), S504.

Lu, K. H., Chang, C.Y., & Chan, K. H. (2014). *Ischemic preconditioning does not improve isokinetic muscle strength and endurance in humans*. Paper presented at the 61st Annual Meeting of the American College of Sports Medicine, Orlando, Florida, USA. (Poster presentation) Paper printed in *Medicine & Science in Sports & Exercise*, 46 (5), S207.

Lo, S. A., Chan, K. H., Lin, Y. T., & Ho, C. W. (2013). *Excess body fat has negative impacts on hip strength in competitive athletes with menstrual dysfunction*. Paper presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana, USA. (Poster presentation) Paper printed in *Medicine & Science in Sports & Exercise*, 45 (5), S196.

Wang, T. Y., Lee, M. M., & Chan, K. H. (2013). *The adaptation of exercise-induced stresses after short-term high-intensity interval training*. Paper presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana, USA. (Poster presentation) Paper printed in *Medicine & Science in Sports & Exercise*, 45 (5), S421.

Lee, M. M., Wang, T. Y., Hu, S. Z., & Chan, K. H. (2013). *The effects of concurrent circuit exercise training on metabolic syndrome in middle-aged woman*. Paper presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana, USA. (Poster presentation) Paper printed in *Medicine & Science in Sports & Exercise*, 45 (5), S311.

鄭羽潔、詹貴惠 (2013)。抗力球訓練對射箭選手的肌力與肌耐力之影響。論文發表於 2013 運動賽會與產業經營學術研討會，金門縣，國立金門大學，福建。(海報發表)

### (三) 專書及專書論文

許美智、詹貴惠、錢桂玉、李淑玲 (2017)。運動營養學，第二版。台北市：華都文化事業有限公司。

李寧遠、詹貴惠、彭雪英、張振崗、侯建文、林瑞興、郭婕、邱琬淳等 (2013)。運動營養學。台北市：禾楓書局有限公司。