

第二屆

「華人運動生理與體適能學者學會」年會

THE 2nd SCSEPF (The Society of Chinese Scholars on Exercise Physiology and Fitness)

ANNUAL CONFERENCE

大眾健康與健身

HEALTH AND FITNESS FOR ALL

2003年10月24－27日 澳門

October 24-27, 2003 Macao



理工學院
Politécnico de Macau
Polytechnic Institute

聯合主辦
Jointly Organized by



華人運動生理與體適能學者學會
The Society of Chinese Scholars on
Exercise Physiology and Fitness

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港台書室

第二屆[華人運動生理與體適能學者學會]年會論文集
PROCEEDING OF THE 2nd SCSEPF ANNUAL CONFERENCE

主題：大眾健康與健身
Health and Fitness for All

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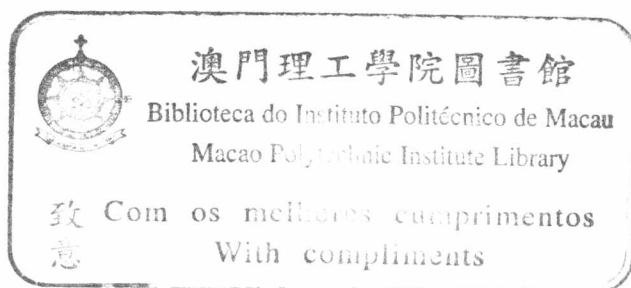


澳門理工學院



華人運動生理與體適能學者學會

Jointly Organized by
Macao Polytechnic Institute, and
The Society of Chinese Scholars on Exercise Physiology and Fitness



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尊敬的傅浩堅教授，各位學者，各位嘉賓，女士們，先生們：

我謹代表第二屆[華人運動生理與體適能學者學會(SCSEPF)]年會組委會，歡迎來自世界各地的華人學者蒞臨澳門理工學院，共同參加本次盛會。同時也感謝各位特邀報告人接受組委會的邀請，為大家帶來精彩的報告。

自從 SCSEPF 於 2002 年在香港成功舉辦了第一屆年會以來，SCSEPF 年會已日益成為不同國家和地區華人學者交流運動生理和體適能研究成果的良好平臺。我們相信，以本次大會為契機，澳門理工學院乃至澳門運動生理和體適能的研究水平也必將得到極大的提高。

本屆年會的主題是“大眾健康與健身”。在當今社會，高強度、快節奏的現代化工作方式給人們的健康帶來了極大的負面影響，不良的生活習慣也逐漸侵蝕著人們的體質。通過適當的體育鍛煉，不僅可以提高人們的工作能力，更起到了愉悅身心的良好效果，促進了大眾健康。相信圍繞本屆大會的主題，必將有一批優秀的成果使大眾受益。

在此，我還要代表澳門理工學院，感謝 SCSEPF 與我院共同主辦本屆大會，使我們能夠相聚在一起，建立深厚的友誼。澳門理工學院與 SCSEPF 同樣年輕而又充滿活力，同樣處於蓬勃發展時期。希望我們今後有更多的合作機會，攜手發展，共同提高。

預祝本次大會圓滿成功！

李向玉 教授
大會組委會主席
澳門理工學院院長

GREETINGS

Dear Dr. Lei, fellow scholars and students, ladies and gentlemen:

It gives me great pleasure to welcome you to the 2nd Conference of The Chinese Scholars on Exercise Physiology and Fitness. We took a major step in forming the Society last year and with your support and participation, we are slowly moving forward.

The outbreak of SARS earlier this year has affected everyone. I am so happy that the Organiser can manage to overcome various adverse implications and bring us back together again in Macao. My sincere and heartfelt appreciations are to the Organising Committee and the Macao Polytechnic Institute for another remarkable achievement.

It is really good to see you all again and welcome to the Conference.

Sincerely Yours,

Professor Frank FU
President, SCSEPF

GENERAL PROGRAMME

Friday, 24 October 2003

09:00-18:00	Arrivals and Registration	Lobby of Wing A
Dinner on own		

Saturday, 25 October 2003

09:00-09:30	Opening Ceremony	Auditoria
09:30-10:30	Invited Speakers (in English)	Auditoria
10:30-10:45	Coffee Break	Lobby of Wing A
10:45-11:45	Invited Speakers (in English)	Auditoria
12:00-14:00	Lunch Break	
14:00-16:00	Invited Speakers (in Chinese)	Auditoria
16:00-16:15	Coffee Break	Lobby of Wing A
16:15-18:15	Oral Presentations	(1) Auditoria, (2) Exhibition room, (3) Lecture room A313
18:30-20:00	Conference Banquet	

Sunday, 26 October 2003

09:00-11:00	Oral Presentations	(1) Auditoria, (2) Exhibition room, (3) Lecture room A313
11:00-11:15	Coffee Break	Lobby of Wing A
11:15-11:45	Poster Presentations	Lobby of Wing A , Exhibition room
11:45-13:15	Annual General Meeting Certificate Presentation Concluding Remarks	Auditoria
13:15-14:15	Lunch	
Free Afternoon		
18:30-20:00	Conference Banquet	

Monday, 27 October 2003

Departure day

PRESENTATION FORMS

GENERAL INFORMATION

The Auditorium and the lecture rooms will be provided with the following audio-visual equipment: overhead projector, slide projector, and a PC with Windows 2000 with PowerPoint presentation software. The above-named equipments will be also provided for reviewing presentation materials at registration counter.

INVITED LECTURES

The time for each invited lecture will be 30 minutes including questions. The equipment mentioned in the General Information will be made available for invited lectures.

ORAL PRESENTATIONS

Speakers will be limited to 15 minutes including questions. The equipment mentioned in the General Information will be made available for oral lectures.

POSTER PRESENTATIONS

Poster space of approximately 120 cm (height) X 90 cm (width) will be provided. Special period will be provided for the presentation of posters. The person in-charge of each poster presentation should stand beside the poster during the period for communication purpose. Posters will be on display directly adjacent the Auditorium.

Organising Committee

Prof. Lei Heong Iok	Macao Polytechnic Institute, Macao, China Chairman of Organising Committee
Prof. Eric Chao	Macao Polytechnic Institute, Macao, China
Dr. Leong Hung po	Macao Polytechnic Institute, Macao, China
Dr. Leung Mee Lee	Hong Kong Baptist University, Hong Kong, China
Prof. Lin Kuei-Fu	“National” Hsin-Chu Teachers College, Taiwan
Prof. Zhang Yong	Tianjin Institute of Physical Education, China
Dr. Shi Qingde	Macao Polytechnic Institute, Macao, China

Scientific Committee

Prof. Frank H. FU	Hong Kong Baptist University, Hong Kong, China Chairman of Scientific Committee
Prof. Yang Xi-rang	Beijing University of Physical Education, China
Prof. Lin Jung-charng	“National” Taiwan Normal University, Taiwan
Prof. Ji Li-li	University of Wisconsin, Madison, USA
Dr. Zhou Shi	Southern Cross University, Australia
Miss Cheang Mio-han	Macao Polytechnic Institute, Macao, China
Dr. Zeng Zhong-lu	Macao Polytechnic Institute, Macao, China
Dr. Leong Hung po	Macao Polytechnic Institute, Macao, China
Dr. Tom K. Tong	Hong Kong Baptist University, Hong Kong, China

Academic Consultants (in alphabetical order)

Prof. Chen Pei-jie	Shanghai Institute of Physical Education, China
Dr. Chin Ming Kai	Hong Kong Institute of Education, Hong Kong, China
Dr. Chung Pak Kwong	Hong Kong Sports Development Board, Hong Kong, China
Prof. Deng Shu-xun	South China Normal University, China
Prof. Frank, Chin-Lung Fang	“National” Taiwan Normal University, Taiwan
Prof. Hao Xuan-ming	South China Normal University, China
Prof. He Yu-xiu	Hebei Normal University, China
Mr. Jiang Feng	Hong Kong Physical Fitness Association, Hong Kong, China
Prof. Jiunn-chern Jwo	“National” Taiwan Normal University, Taiwan
Dr. Jie Kang	The College of New Jersey, USA
Prof. Li Guo-ping	National Sports Hospital, China
Prof. Li Jie	Guang Dong Institute of Sports Science, China
Mr. Qian Jin-hua	Chinese Journal of Sports Medicine, China
Prof. Qiao De-cai	Sanxi University, China
Mr. Raymond So	Hong Kong Association of Sports Medicine and Sports Science, Hong Kong, China
Prof. Ren Jian-sheng	Wuhan Institute of Physical Education, China
Prof. Su Quan-sheng	Chengdu Institute of Physical Education, China
Prof. Tian De-xiang	Beijing University, China
Dr. Wu Huey June	Chinese Culture University, Taiwan
Dr. Wang Soun Cheng	“National” Chung Cheng University, Taiwan

SCIENTIFIC PROGRAMME

Day 1 (Saturday, 25 October 2003)

09:00-09:30	Opening Ceremony		Auditoria
Invited English Lectures (Chairpersons: Dr. Zhou Shi, Dr. Chung Pak Kwong)			
09:30-10:00	Prof. Roger G Eston Muscle Function after Exercise-induced Muscle Damage: Implications for Performance in Children and Adults		
10:00-10:30	Prof. Antonio DAL MONTE The Functional Evaluation in the Normal Population and in the Athlete: A New Science with A Shining Future		
10:30-10:45	Coffee Break	Lobby of Wing A	
10:45-11:15	Prof. Li Li Ji Exercise and Body Fat: Role of Lipogenesis		
11:15-11:45	Prof. Frank H. Fu The Society of Chinese Scholars on Exercise Physiology and Fitness – Past, Present and Future		
12:00-14:00	Lunch Break		
Invited Chinese Lectures (Chairpersons: Prof. Yang Xi-rang, Prof. Lin Jung-charng)			
14:00-14:30	Prof. Yang Tian-le 中国反兴奋剂的回顾与展望		
14:30-15:00	Prof. Xing Wen-hua 青春发育突增期不同发育类型学生体质特征及健康促进		
15:00-15:30	Prof. Lin Kuei-Fu 台灣體適能發展現況與思考		
15:30-16:00	Dr. Leong Hung Po 運動技能潛能開發的探討		
16:00-16:15	Coffee Break	Lobby of Wing A	
16:15-18:15	Free Paper Presentation (Oral)		
(1) Venue: Auditoria (Chairpersons: Prof. Xie Min-hao, Prof. Wu Ji-rao)	(2) Venue: Exhibition room (Chairpersons: Prof. Li Guo-ping, Dr. Jie Kang)	(3) Venue: Lecture room A313 (Chairpersons: Dr. Leung Mee Lee, Prof. Jiunn-chern Jwo)	
Will Coenzyme Q and Proton Cycle Link with Reactive Oxygen Species Cycle: A Hypothesis and Evidence in an Exercise Model Zhang Yong ApoE 基因多态性与中老年人群血脂关系的研究 王延坤 Molecularbiological Study of Elite Athlete Performance Yun Chang Effects of L-Arginine Supplements on Muscle Glycogen Biosynthesis in High-Intensity Endurance Trained Rats Huili Liu 六周跑台训练过程中大鼠骨骼肌 IGF-I mRNA 的变化 陆耀飞	天年素护具对提高运动员运动能力的应用研究 尤春英 Effect of Cryotherapy, Hydrotherapy, Stretch on Delayed Onset Muscle Soreness Jen-Hao Liu Rating of Perceived Exertion(PRE): Intergrated Physiological and Psychological Inputs, Effects of Exercise Intensities Min Yu The Metabolic Syndrome – a Practical Approach to Management Allan Davie The Control of Normal Inspiratory Muscle Force Output Restricts the Rise of Ventilation during Intense Intermittent Exercise Tom K. Tong	参加第 13 届亚运会澳门运动员身体形态、机能及无氧能力的剖析 岑浩望 高校肥胖男生对两种强度耐力运动的生理代谢反应比较 梁玉 威灵强身操对中老年人机能影响的实验研究 王凤阳 運動介入策略對社區民眾體適能之比較研究 楊漢琛 Discussion on the Concept of Physical Activity and School Physical Education Kejie Lian	

SCIENTIFIC PROGRAMME

Effects of EGb Supplements on Aportosis of Rats in Skeletal Muscle after Overtraining Reng Fei Shi Analysis of the Adrenocorticotrophic Hormone and Corticosterone in Plasma on the Chronic Psychological Stress Rays Qun Zuo 運動對心肌細胞中凋亡調控基因的影響 張鈞	如何把“motor learning”应用于运动实践? 杨锡让 A Comparative Research of Pulmonary Function on Juvenile Athetes of Different Sports Events Yong Wei Effects of Four Weeks of Supplementation with Coenzyme Q10 on Aerobic Power and Exercise Economy Shi Zhou	对石家庄市冬泳群体的调查分析 赵斌 体质评定和运动处方专家系统研究 赖柳明 Influence of Long-term Mulanquan Exercise on Static Balance in Middle and Elderly Women Li Guo
18:30-20:00	Conference Banquet	

Day 2 (Sunday, 26 October 2003)

09:00-11:00	Free Paper Presentation (Oral)	
(1) Venue: Auditoria (Chairpersons: Prof. Deng Shu-xun, Prof. Zhang Yong)	(2) Venue: Exhibition room (Chairpersons: Prof. Frank, Chin-Lung Fang, Dr. Leong Hung Po)	(3) Venue: Lecture room A313 (Chairpersons: Dr. Tom K. Tong, Dr. Wang Soun Cheng)
Effects of Contralateral Activity on Muscular Strength. A Pilot Investigation Shi Zhou 臨界速度跑步過程的能量代謝變化研究 王順正 The Study of Chondrocytes Proliferation, Differentiation and Apoptosis of Fracture Callus in a Rat Osteoporotic Fracture Model Chen Guoqing 儿童膝关节屈伸肌力的等速测试研究 赵焕彬 乳酸堆積在不同衰竭運動中的差異 莊文傑 常溫和高溫下運動對身體負荷的探討 陳孟欣 不同年齡身體質量指數與休息代謝率的關係之分析研究 陳國生 间歇低氧训练对大鼠肾脏EPO基因表达的影响 黄丽英 LPLHindIII 基因多态性与老年人群血浆 Lp(a)水平关系的研究 刘艳环	Effects of Intermittent Hypoxic Exposure Using Hypoxia Rooms on Haematological Changes and Sports Performance in Soccer Players Zhao-wei Kong A Cai Approach in Physical Education: The Soochow Project Fonchu F. Kuo 膝关节半月板的形态结构与损伤修复 胡声宇 教授 Predict the Energy Expenditure at Different Walking Speed- A Pilot Study Chen-yi, Chu 中国 3-6 岁幼儿 BMI 现状分析 王梅 推拿手法操作實務與應用原則 陳進忠 Effects of Exercise and Nutrition Administration on Erythrocytes in Rats Jiexiu Zhao 营养补充对运动性贫血大鼠红细胞指数、血清铁、铁蛋白及转铁蛋白指标影响的研究 曹建民	The Investigation of Physical Activity and Physical Fitness of Middle-Aged and Aged Women in Shanghai Xiaoyun Zhang 心肺恢復指數模式的建立 王錠堯 傳統 V 型與修正後 V 型坐姿體前彎檢測結果之比較研究 黃姿英 自我健康評估指標與健康體能指標之關聯研究 戴旭志 大學男生每週運動次數與自我健康評估之相關研究 陳建任 低年級體適能教學活動實施之研究 范希真 國小級任教師體育教學意願的潛在因素之研究 薛宏輝 大專女生不同身體質量指數等級對自我健康評估之差異比較 趙桂嫻

SCIENTIFIC PROGRAMME

11:00-11:15	Coffee Break	Lobby of Wing A
11:15-11:45	Free Paper Presentation (Poster) Venue: Lobby of Wing A , Exhibition room	
11:45-13:15	Annual General Meeting Certificate Presentation Concluding Remarks (Chairperson: Prof. Frank Fu)	Venue: Auditoria
13:15-14:15	Lunch	
Free Afternoon		
18:30-20:00	Conference Banquet	