

## 陳永盛



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### 現職 (Current Position)

- 臺北市立大學運動健康科學系教授 (Professor, Department of Exercise and Health Sciences, University of Taipei (REG NO:145535))
- 臺北市立大學人體研究倫理委員會委員 (Member of Institutional Review Board, University of Taipei)
- Peer J Life and Environment 編輯委員 (Editorial Board Member)
- Frontiers in Physiology & Frontiers in Psychology 審查編輯委員 (Review Editor Member)
- The Open Sports Science Journal 編輯委員 (Editorial Board Member, The Open Sports Science Journal)
- 亞洲足球聯盟五人制足球教練講師 (AFC Futsal Coaching Course Instructor: Level 1, Level 2, Goalkeeping)
- 中華民國足球協會教練講師 (CTFA Coaching Course Instructor : Grassroot, C, B)

### 學歷 (Education)

- 2011 澳大利亞南字星大學運動生理學博士 (Ph.D., Exercise physiology, School of Health and Human Sciences, Southern Cross University, Australia)
- 2007 英國布魯內爾大學運動科學碩士 (MSc., Sport Science, School of Sport and Education, Brunel University, England)
- 2003 輔仁大學體育系學士 (BA, Physical Education, Department of Physical Education, Fu Jen Catholic University, Taiwan)

### 經歷 (Employment History)

- 臺北市立大學運動健康科學系副教授 (Associate Professor, Department of Exercise and Health Sciences, University of Taipei)
- 臺北市立大學運動健康科學系助理教授 (Assistant Professor, Department of Exercise and Health Sciences, University of Taipei)
- 臺北市立體育學院兼任講師 (Casual Lecturer, Taipei Physical Education College, Taiwan)
- 澳大利亞南字星大學教學助理 (Tutor & Demonstrator, School of Health and Human Sciences, Southern Cross University, Australia)
- 中華民國足球協會副秘書長 (Deputy of General Secretary, Chinese Taipei Football Association)
- 東亞足球聯盟技術委員 (Technical Committee Member, East Asia Football Federation)

### 短期訓練課程 (Short Courses/Training)

- FIFA Coach Educators' E-learning Programme and Online Course
- FIFA/AFC Coach Educators Mentoring Programme
- FIFA Grassroots Instructor Course
- FIFA/AFC Futsal Continental Train The Trainers Selection Course

### 研究興趣 (Research Interest)

- 神經肌肉功能 (Neuromuscular physiology)
- 心血管功能 (Cardiovascular physiology)
- 訓練監控與恢復策略 (Training load monitoring and recovery strategies)
- 身體活動與健康促進 (Physical activity and health promotion)
- 老化與身體功能 (Physical functions and ageing)
- 數位健康 (Digital Health)
- 足球科學 (Football and futsal sciences)

### 特殊榮譽 (Awards)

- 科技部專題研究計畫補助 (Research funding, Ministry of Science and Technology)
- 臺北市立大學科技部教師彈性薪資獎勵
- 臺北市立大學教師研究成果獎勵
- 教育部體育署運動科學研究發展狀獎勵甲等獎與佳作獎

- Aged Services Learning and Research Collaboration (ASLaRC) Ph.D. Scholarship

#### 期刊專題編輯委員 (Journal Guest Editor)

- International Journal of Environmental Research and Public Health, Special issue: Neuromuscular Responses and Adaptations in Exercise, Sport and Health

#### 期刊審查 (Journal Reviewer)

- Applied Sciences, Aptive Medicine, Archives of Gerontology and Geriatrics, Behavioral Sciences, Biology, Biology of Sport, BMC Sports Science, Medicine and Rehabilitation, Cells, Children, Evidence-Based Complementary and Alternative Medicine, Frontiers in Aging Neuroscience, Frontiers in Physiology, Frontiers in Psychology, Gait & Posture, Human Movement, International Journal of Environmental Research and Public Health, International Journal of Psychology and Psychoanalysis, International Physiology, JMIR mHealth and uHealth, JMIR Serious Games, Journal of Ergonomics, Journal of Functional Morphology and Kinesiology, Journal of Men's Health, Journal of Sports Rehabilitation, Life, Muscle and Nerve, Nutrients, Physiology & Behavior, Scientific Reports, Sensor, Somatosensory & Motor Research, Sports, Studies in Sociology of Science, The Open Sports Sciences Journal, The Physician and Sportsmedicine, 大專體育學刊、中華體育季刊、運動研究、運動生理暨體能學報、輔仁大學體育學刊

#### 專書 (Book)

- 陳永盛 (2022) 新興運動大蒐集-五人制足球: 泰宇
- 陳永盛 (2014) 足球年度訓練指南: 冠唐國際圖書

#### 專書章節 (Book Chapter)

- **Chen YS** (2022). Field-based Tests for Soccer Players. SpringerBriefs in Applied Sciences and Technology. Springer Nature.
- **Chen YS & Zhou S.** (2012). H-reflex assessment as a tool for understanding motor functions in postural control. In A. M. Wright, & S. D. Rothenberg (Eds.), *Posture: Types, Assessment, and Control* (pp. 155 -174). New York: Nova Science Publishers

期刊論文 (Referred Journals)

1. Tseng Yen-Ju, Leicht S Anthony, Pagaduan Jeffrey Cayaban, Chien Ling-Chu, Wang Ying-Lin, Kao Chi-Sian, Lu Wei-Szu, & **Chen Yung-Sheng\*** (2024). Effects of shift work on sleep quality and cardiovascular function in Taiwanese police officers. *Chronobiology International* DOI: 10.1080/07420528.2024.2324023
2. González-Fernández Francisco Tomás,, Silva Rui Miguel, Ceylan Halil Ibrahim,, Clemente Filipe Manuel, Bezzara Pedro, & **Chen Yung-Sheng\*** (2024). Relationships between physical fitness and match running demands during a futsal congested-weeks training camp. *Biology of Sport*, 41(4). DOI:<https://doi.org/10.5114/biolsport.2024.134760>
3. Chiu Yi-Wen, Silva Rui Miguel, Ceylan Halil Ibrahim, González-Fernández Francisco Tomás, Clemente Filipe Manuel, & **Chen Yung-Sheng\*** (2024). Relationships between physical fitness, external load, and heart rate recovery: A study on futsal players during an overseas congested-weeks training camp. *Journal of Human Kinetics*, 92. DOI: <https://doi.org/10.5114/jhk/176299>
4. Rekik Ghazi., Jouira, Ghada., Belkhir Yosra, Jarraya Mohamed, Kuo Cheng-Deng, & **Chen Yung-Sheng**. (2023). The effect of dynamic versus static visualizations on acquisition of basketball game actions: a diurnal study. *Scientific Reports*, 13, 18077. <https://doi.org/10.1038/s41598-023-45278-x>
5. Hsu Kate\*, Tseng Wei-Chin\*, Chen Li-Yang, Chen Pin-Lung, Lu Yu-Xian, **Chen, Yung-Sheng**, Tseng Kuo-Wei, & Swenson, Erik R. (2023). Effects of greater erythroid Cl/HCO<sub>3</sub><sup>-</sup> transporter (Band 3) expression on ventilation and gas exchange during exhaustive exercise. *American Journal of Physiology-Lung Cellular and Molecular Physiology*, 324: L825–L835.
6. Pagaduan Jeffrey Cayaban \*, Washif Jad Adrian, Krug Isabel, Ammar Achraf, Saad Helmi Ben, James Carl, Cortis Cristina, Trabelsi Khaled, Haddad Monoem, Bok Daniel, Hassanmirzaei Bahar, Mataruna-Dos-Santos Leonardo Jose, Pérez-Gómez Jorge, Farooq Abdulaziz, **Chen Yung-Sheng**, Gastin Paul, & Chamari Karim (2022). Training practices of Filipino athletes during the early COVID-19 lockdown, *Kinesiology*, 54(2), 335-346.
7. Li Wen-Tsai, **Chen Yung-Sheng**, & Wang Hung-Cheng\* (2022). Physical performance and technical analysis of Chinese Taipei men's team home and away matches in 2023 Asian Cup Qualification. *Journal of Sport Research*, 31(2), 113-130. (Chinese version)
8. Pagaduan Jeffrey Cayaban \*, **Chen Yung-Sheng**, Fell James, & Wu Sam Shi Xuan (2022). A preliminary systematic review and meta-analysis on the effects of heart rate variability biofeedback on heart rate variability and

- respiration of athletes. *Journal of Complementary and Integrative Medicine*, 19(4), 817-826.
9. Clemente Filipe Manuel, Silva Ana Filipa, Kawczyński Adam, Yıldız Mehmet, **Chen Yung-Sheng**, Birlik Sabri, Nobari Hadi\*, & Zeki Akyildiz. (2022). Physiological and locomotor demands during small-sided games are related to match demands and physical fitness? A study conducted on youth soccer players. *BMC Sports Science, Medicine and Rehabilitation*, 14, 138. <https://doi.org/10.1186/s13102-022-00535-w>
  10. Aydi Bilel, Selmi Okba, Souissi Mohamed A, Hajer Sahli, Rekik Ghazi, Crowley-McHattan Zachary J, Pagaduan Jeffrey Cayaban, Muscella Antonella, Zghibi Makram, & **Chen Yung-Sheng\***. (2022). The effects of verbal encouragement during a soccer dribbling circuit on pphysical and psychophysiological rresponses: An exploratory study in a physical education setting. *Children*, 9, 907. <https://doi.org/10.3390/children9060907>
  11. Wang Hung-Tsung, **Chen Yung-Sheng**, Rekik Ghazi, Yang Chia-Chen, Lai Mao-Sheng, & Tai Hsia-Ling. (2022). The effect of listening to preferred music after a stressful task on performance and psychophysiological responses in collegiate golfers. *PeerJ*. 10:e13557 <http://doi.org/10.7717/peerj.13557>
  12. Silva Ana Filipa, González-Fernández Francisco Tomás, Ceylan Halil Ibrahim, Silva Rui, Younesi Saeid, **Chen Yung-Sheng**, Badicu Georgian, Wolański Paweł, Murawska-Ciałowicz Eugenia, & Clemente Filipe Manuel. (2022). Relationships between fitness status and blood biomarkers in professional soccer players. *Journal of Healthcare Engineering*, 5135817.
  13. **Chen Yung-Sheng**, Clemente Filipe Manuel, Pagaduan Jeffrey Cayaban, Crowley-McHattan Zachary J, Lu Yu-Xian, Chien Chia-Hua, Bezerra Pedro, Chiu Yi-Wen, & Kuo Cheng-Deng\* (2022). Relationships between perceived measures of internal load and wellness status during overseas futsal training camps. *Plos One*, 17(4): e0267227.
  14. Mezghanni Nourthen, Rekik Ghazi, Crowley-McHattan Zachary J, Belkhir Yosra, Ayed Ben Rayda, Haddadi Atyh, Alzahrani Turki Mohsen, Kuo Cheng-Deng, & **Chen Yung-Sheng\*** (2022). Using coordinated visual and verbal cues in complex multimedia materials to improve tactical learning in soccer. *International Journal of Environmental Research and Public Health*, 19(6), 3365. <https://doi.org/10.3390/ijerph19063365>
  15. Souissi Nefaa, Rekik Ghazi, Belkhir Yosra, Kuo Cheng-Deng, & **Chen Yung-Sheng** (2022). Dynamic visual support is superior to its static counterpart in learning a series of Judo refereeing gestures. *International Journal of Sport and Exercise Psychology*, 20(5), 1316-1329.

16. Nobari Hadi\*, **Chen Yung-Sheng**, Kargarfard Mehdi, Clemente Filipe Manuel, Vivas Jorge Carlos, & Gómeze Jorge Pérez. (2022). Comparisons of accelerometer variables acute, chronic and acute/chronic workload ratio between starters and non-starters: a full-season study in professional soccer players. *Science & Sports*, 37(2), 149-e1-142.e12.
17. Silva Ana Filipa, González-Fernández Francisco Tomás, Oliveira Rafael, Clemente Filipe Manuel, Bezerra Pedro, Hung Chin-Hwai, Chiu Yi-Wen, Kuo Cheng-Deng, **Yung Sheng Chen\***. (2022). Selected vs. non-selected under-20 national futsal players: Differences between physical performance and training intensity experienced in training camps. *Biology*, 11(3), 434.  
<https://doi.org/10.3390/biology11030434>
18. Lu Yu-Xian, Clemente Filipe Manuel, Bezerra Pedro, Crowley-McHattan Zachary J, Cheng Shih-Chung, Chien Chia-Hua, Kuo Cheng-Deng\* & **Chen Yung-Sheng\*** (2022). Quantification of respiratory and muscular perceived exertions as perceived measures of internal loads during domestic and overseas training camps in elite futsal players. *Frontiers in Psychology*, 12, 751030.
19. Chiu Yi-Wen, Clemente Filipe Manuel, Bezerra Pedro, Pagaduan Jeffrey Cayaban, & **Chen Yung-Sheng\*** (2022). Day-to-day variation of heart rate, heart rate variability and energy expenditure during FIFA 11<sup>+</sup> and dynamic warm-up exercises. *Journal of Human Kinetics*, 81, 73-84.
20. **Chen Yung-Sheng**, Lin Yi-Ying, Shih, Chun-Che, & Kuo Cheng-Deng\* (2021). Relationship between heart rate variability and pulse rate variability measures in patients after coronary artery bypass graft surgery. *Frontier in Cardiovascular Medicine*, 8, 749297.
21. Clemente Filipe Manuel\*, González-Fernández Francisco Tomás, Ceylan Halil Ibrahim, Silva Rui, Younesi Saeid, **Chen Yung-Sheng**, Badicu Georgian, Wolański Paweł, & Murawska-Ciałowicz Eugenia (2021). Blood biomarkers variations across the preseason and interactions with training load: A study in professional soccer players. *Journal of Clinical Medicine*, 10(23), 5576.
22. Rekik Ghazi, Belkhir Yosra, Mezghanni Nourhen, Jarraya Mohamed, **Chen Yung-Sheng\***, & Kuo Cheng-Deng\* (2021). Learning basketball tactical actions from video modeling and static pictures: When gender matters. *Children*, 18(11), 1060.
23. Chen Chia-Hui, Rekik Ghazi, Belkhir Yosra, Huang Ya-Ling, & **Chen Yung-Sheng\*** (2021). Gender differences in attention adaptation after an 8-week FIFA 11<sup>+</sup> for Kids training program in elementary school children. *Children*. 18(9), 822.
24. **Chen Yung-Sheng**, Pagaduan Jeffrey Cayaban, Lu Wan-An, & Kuo Cheng-

- Deng\* (2021). Acute Effects of foot reflexology massage on arterial pulse wave after aerobic-based and anaerobic-based intermittent exercises: A preliminary study. *The Open Sports Sciences Journal*, 14, 34-42.
25. Silva Rui, Ceylan Halil Ibrahim, Badicu Georgian\*, Nobari Hadi, Afonso Sílvio Carvalho, Sant'ana Tiago, Mendes Bruno, **Chen Yung-Sheng**, & Clemente Filipe Manuel (2021). Match-to-match variations in external load measures during congested weeks in professional male soccer players. *Journal of Men's Health*.doi:10.31083/jomh.2021.063
  26. Tseng Wen-Yan, Rekik Ghazi, Chia-Hui Chen, Clemente Filipe Manuel, Bezerra Pedro, Crowley-McHattan Zachary J, & **Chen Yung-Sheng\*** (2021). Effect of 8-weeks FIFA 11<sup>+</sup> for kids intervention on physical fitness and attention in elementary school children. *Journal of Physical Activity & Health*, 18(6), 686-693.
  27. **Chen Yung-Sheng**, Zhou Shi, Crowley-McHattan Zachary J, Bezerra Pedro, Tseng Wei-Chin, Chen Che-Hsiu, & Ye Xin\* (2021). Acute effects of kinesiology taping stretch tensions on soleus and gastrocnemius H-reflex modulations. *International Journal of Environmental Research and Public Health*, 18(9), 4411.
  28. **Chen Yung-Sheng\***, Tseng Wei-Chin, Chen Che-Hsiu, & Lu Yu-Xian (2021). Moderate kinesio taping stretch tension produced good inter-day reliability of dosiflexion joint position sense measurement. *Gazzetta Medica Italiana - Archivio per le Scienze Mediche*, 180(1-2), 35-42.
  29. Pagaduan Jeffrey Cayaban\* & **Chen Yung-Sheng** (2021). Validity of Pulse Express PRO in measurement of heart rate variability. *German Journal of Exercise and Sports Research*.
  30. **Chen Yung-Sheng**, Pagaduan Jeffrey Cayaban, Bezerra Pedro, Crowley-McHattan Zachary J, Kuo Cheng-Deng\*, & Clemente Filipe Manuel\* (2021). Agreements of ultra-short-term heart rate variability recordings during overseas training camps in under-20 national futsal players. *Frontiers in Psychology*, 12, 621399.
  31. Lu Wan-An, Lin Jui-Feng, Wang Chen-Hsu, **Chen Yung-Sheng**, Shieh Ying-Hua, & Kuo Cheng-Deng\* (2021). Cross-spectral analysis of electrocardiographic and nostril airflow signals identifies two respiratory frequencies of heart rate modulation. *Journal of Healthcare Engineering*. 2021, 6636829.
  32. Clemente Filipe Manuel, Silva Rui, **Chen Yung-Sheng**, Aquino Rodrigo, Praça Gibson Moreira, Paulis Julen Castellano, Nobari Hadi, Mendes Bruno, Rosemann Thomas, & Knechtle Beat\* (2021). Accelerometry-workload indices

- concerning different levels of participation during congested fixture periods in professional soccer: A pilot study conducted over a full-season. *International Journal of Environmental Research and Public Health*, 18(3), 1137.
33. Pagaduan Jeffrey Cayaban\*, Wu Sam Shi Xuan, Fell James, & **Chen Yung-Sheng** (2021). Effect of acute heart rate variability biofeedback on H-reflex modulation: A pilot study. *Journal of Human Kinetics*, 76, 83-88.
  34. Rekik Ghazi, Belkhir Yosra, Jarraya Mohamed, Bouzid Mohamed Amine, **Chen Yung-Sheng\***, & Kuo Cheng-Deng\* (2021). Uncovering the effects of different instructional designs when learning tactical scenes of play through dynamic visualizations: A systematic review. *International Journal of Environmental Research and Public Health*, 18(1), 256.
  35. Wang Hung-Tsung, Tai Hsia-Ling\*, Yang Chia-Chen, & **Chen Yung-Sheng** (2020). Acute effects of self-selected music intervention on golf performance and anxiety level in collegiate golfers: A crossover study. *International Journal of Environmental Research and Public Health*, 17(20), 7478.
  36. Lu Wan-An, **Chen Yung-Sheng**, Wang Chun-Hsiung, & Kuo Cheng-Deng\* (2020). Effect of a single session of Tai Chi Chuan practice on glucose and lipid metabolism and related hormones. *Life*, 10(8), 145.
  37. Iao Ka-Lok, **Chen Yung-Sheng\***, Lu Wan-An, & Bezerra Pedro (2020). Acute effects of self-selected music intervention on recovery of autonomic functions and anxiety after submaximal intensity of short-term cycling. *International Multidisciplinary Journal CREA*, 1, 51-63.
  38. **Chen Yung-Sheng**, Tseng Wei-Chin, Chen Che-Hsiu, Bezerra Pedro, & Ye Xin\* (2020). Acute effects of kinesiology tape tension on soleus muscle H-reflex modulations during lying and standing postures. *Plos One*, 15(7), e0236587.
  39. **Chen Yung-Sheng**, Lu Wan-An, Pagaduan Jeffrey Cayaban, & Kuo Cheng-Deng\* (2020). A novel smartphone app for the measurement of ultra-short-term and short-term heart rate variability: Validity and reliability study. *JMIR Mhealth and Uhealth*, 8(7), e18761.
  40. Clemente Filipe Manuel\*, Silva Rui, Ramirez-Campillo Rodrigo, Afonso José, Mendes Bruno, & **Chen Yung-Sheng** (2020). Accelerometry-based variables in professional soccer players: Comparisons between periods of the season and playing positions *Biology of Sport*, 37(4), 389-403.
  41. Pagaduan Jeffrey Cayaban\*, **Chen Yung-Sheng**, Fell James William, & Wu Sam Shi Xuan. (2020). Can heart Rate variability biofeedback improve athletic performance? A systematic review. *Journal of Human Kinetics*, 73, 103-114.
  42. Hung Chin-Hwai, Clemente Filipe Manuel, Bezerra Pedro, Chiu Yi-Wen, Chien Chia-Hua, Crowley-McHattan Zachary J, & **Chen Yung-Sheng\*** (2020) Post-



- exercise recovery of ultra-short-term heart rate variability after Yo-Yo intermittent recovery test and repeated sprint ability test. *International Journal of Environmental Research and Public Health*, 17(11), 4070.
43. Pagaduan Jeffrey Cayaban\* & **Chen Yung-Sheng** (2020). Accuracy and validity of ultra-short-term heart rate variability from a free mobile application. *The Journal of Australian Strength and Conditioning*, 20(02), 14-17.
  44. Clemente Filipe Manuel\*, Silva Ana Filipa, Sarmiento Hugo, Ramirez-Campillo Rodrigo, Chiu Yi-Wen, Lu Yu-Xian, Bezerra Pedro, & **Chen Yung-Sheng** (2020). Psychobiological changes during national futsal team training camps and their relationship with training load. *International Journal of Environmental Research and Public Health*, 17(6), 1843.
  45. **Chen Yung-Sheng**, Clemente Filipe Manuel\*, Bezerra Pedro, & Lu Yu-Xian. (2020). Ultra-short-term and short-term heart rate variability recording during training camps and an international tournament in U-20 national futsal players. *International Journal of Environmental Research and Public Health*, 17(3), 775.
  46. **Chen Yung-Sheng\*** (2019). Young kids football and wellbeing of life. *National Sports Quarterly*, 200, 4-7 (Chinese version).
  47. **Chen Yung-Sheng**, Lu Wan-An, Clemente Filipe Manuel, Pedro Bezerra, & Kuo Cheng-Deng\* (2019). Increased parasympathetic activity by foot reflexology massage after repeated sprint test in collegiate football players: A randomised controlled trial. *Sports*, 7(11), 228.
  48. Tsai Yu-Chang, Hung Chin-Hwai, Chiu Yi-Wen, & **Chen Yung-Sheng\*** (2019). Comparison of different dynamic warm-up exercises on post-exercise heart rate variability modulation in football players. *Journal of Sport Research*, 28(1), 15-28. (Chinese version).
  49. Lai Wai-Lin, Lu Wan-An, Lu Yu-Xian, & **Chen Yung-Sheng\*** (2019). Reliability of short-term heart rate variability in different body positions after step exercise. *Taipei City Medical Journal*, 16(2), 117-130 (Chinese version).
  50. Jian Jia-Hua, Lu Yu-Xian, Wang Hung-Tsung, Lai Mao-Sheng, & **Chen Yung-Sheng\***. (2019). The acute effect of a heart rate variability biofeedback training session on golf putting performance and autonomic function. *Sport and Exercise Research*, 21(1), 84-95. (Chinese version).
  51. **Chen Yung-Sheng\***, Lai Wei-Lin, Hou Chein-Wen, Chen Che-Hsiu, Chiu Yi-Wen, & Bezerra Pedro. (2019). Effect of post warm-up resting interval on static and dynamic balance, and maximal muscle strength followed by the FIFA 11+ and dynamic warm-up exercises. *Journal of Sports Medicine and Physical Fitness*, 59(3), 366-375.
  52. Clemente Filipe Manuel\*, **Chen Yung-Sheng**, José Bezerra Pedro, Guiomar

- João, & Lima Ricardo (2018). Between-formats differences and reliability of technical actions during small-sided soccer games played by young players. *Human Movement*, 18(5), 114-120.
53. Lu Yu-Xian, Clemente Filipe Manuel, Bezzera Pedro, & **Chen Yung-Sheng\*** (2018). Training load and recovery status during a short-term oversea training camp in Taiwan futsal players. *Human Movement*, 18(5), 98-105.
  54. Clemente Filipe Manuel\*, Nikolaidis Pantelis Theodoros, José Bezerra Pedro, & **Chen Yung-Sheng** (2018). Heart rate variations between training days and types of exercise in men and women futsal and soccer players. *Human Movement*, 18(5), 1-7.
  55. Chen Che-Hsiu, Wang Yi-Tse, **Chen Yung-Sheng**, Tseng Wei-Chin, & Ye Xin\* (2018). Differential effects of different warm-up protocols on repeated sprints-induced muscle damage. *Journal of Strength and Conditioning Research*, 32(11), 3276-3284.
  56. Chen Che-Hsiu, **Chen Yung-Sheng**, Wang Yi-Tse, Tseng Wei-Chin, & Ye Xin\* (2018). Effects of preconditioning hamstring resistance exercises on repeated sprints-induced muscle damage in female soccer players. *Biology of Sport*, 35(3), 269-275.
  57. Zhou Ting-Rui, Kwo-Wei Tseng, Chen Che-Hsiu, & **Chen Yung-Sheng\***. (2018). Effects of tibialis anterior muscle kinesio taping tensions on ankle joint balance and muscle strength performance. *Sport and Exercise Research*, 20(1), 75-86. (Chinese version).
  58. Lai Wai-Lin, **Chen Yung-Sheng\***, & Hsieh Fu-Hsiu (2017). Sports coaches system in Australia. *National Sports Quarterly*, 191, 24-29 (Chinese version).
  59. Chen Shu-Yun, Lu Yu-Xian, Lai Wai-Lin, & **Chen Yung-Sheng\***. (2017). Effects of body positions on heart rate variability and hemodynamics after a 3-min step test in dancers. *Sport and Exercise Research*, 19(1), 74-86. (Chinese version).
  60. Tsai Yu-Chang, Chen Shu-Yun, Lai Mao-Sheng, & **Chen Yung-Sheng\*** (2016). Application of FIFA 11+ warm-Up programme in football players. *Sport Research Review*. 139, 47-58 (Chinese version).
  61. **Chen Yung-Sheng\***, Tseng Kuo-Wai, Hou Chein-Wen, & Chen Shu-Yun (2016). Comparisons of autonomic nervous activation and exercise performance between university futsal players and physical active university students after repeated sprint exercise and aerobic intermittent exercise. *Journal of Sport Research*. 25:1, 51-66 (Chinese version).
  62. Lu Wan-An, **Chen Yung-Sheng**, & Kuo Cheng-Deng\* (2016). Increased first and second pulse harmonics in Tai Chi Chuan practitioners. *BMC*

*Complementary and Alternative Medicine*, 16,87.

63. **Chen Yung-Sheng**, Chih-Jung Liao, Lu Wan-An, & Kuo Cheng-Deng\* (2015). Sympathetic enhancement in futsal players but not in football players after repeated sprint ability test. *BMJ Open Sport & Exercise Medicine*, 1:e000049.
64. **Chen Yung-Sheng\***, Zhou Shi, & Cartwright Colleen. (2015). Modulation of soleus H-reflex during shortening and lengthening muscle actions in young and older adults. *Chinese Journal of Physiology*, 58(1), 9-18.
65. Lin Hui-Mei, Tseng Kuo-Wei, & **Chen Yung-Sheng\***. (2015). Scientific application of monitoring the physical growth of young. *Sport Research Review*. 132, 35-43. (Chinese version).
66. **Chen Yung-Sheng\***, Zhou Shi, & Cartwright Colleen. (2014). Effects of ankle joint position and submaximal muscle contraction intensity on soleus H-reflex gain in young and older adult. *Motor Control*, 18(2), 112-126.
67. **Chen Yung-Sheng**, Zac Crowley, & Zhou Shi\*, Cartwright Colleen. (2012). Effect of 12 weeks Tai Chi training on soleus H-reflex in older adults: a pilot study. *European Journal of Applied Physiology*. 112 (6), 2363-2368.
68. **Chen Yung-Sheng** & Zhou Shi\*. (2011). Soleus H-reflex and its relation to static postural control. *Gait and Posture*. 33, (2), 169-178.
69. **Chen Yung-Sheng**, Zhou Shi\*, & Cartwright Colleen. (2011). Effect of 12 weeks Tai Chi training on soleus H-reflex and control of static posture in older adults. *Archives of Physical Medicine and Rehabilitation*, 92, 886-891.
70. **Chen Yung-Sheng**, Zhou Shi\*, Cartwright Colleen, Crowley-McHattan Zachary J, Baglin Robert, & Wang Fang. (2010). Test-retest reliability of the soleus H-reflex is affected by joint positions and muscle force levels. *Journal of Electromyography and Kinesiology*, 20 (5), 980-987.