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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, A)

#### 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)

### 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)

### 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, Healthcare, 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 Exercise Science & Fitness, Journal of Functional Morphology and Kinesiology, Journal of Human Kinetics, Journal of Men's Health, Journal of Sports Medicine and Physical Fitness, Journal of Sports Rehabilitation, Journal of Sports Sciences, 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, Journal of Science in Sport and Exercise, Psychology of Sport & Exercise, 大專體育學刊、體育學報、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、臺灣衛誌

### 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)

- Smith, D. L., & Fernhall, B. (2024). *運動好心境：心血管運動生理學* (林貴福等譯)。禾楓。(原著出版於 2023)
- Behnke, R. S., & Plant, J. (2023). *運動解剖學* (林貴福等譯)。禾楓。(原著出版於 2021)
- Chen YS (2022). Field-based Tests for Soccer Players. Springer Briefs 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

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1. Rekik Ghazi\*, Belkhir Yosra, Jouira, Ghada, Jarraya Mohamed, Kuo Cheng-Deng, & **Chen Yung-Sheng** (2025). Using video modelling to teach motor knowledge in a physical education context: A morning-afternoon differences investigation. *Education and Information Technologies*, doi10.1007/s10639-024-12902-w
2. Cheikh Imen Ben, Marzouki Hamza, Selmi Okba, Souissi Mohamed A, Figueira Bruno E, Gonçalves Bruno, Suzuki Katsuhiko, Knechtle Beat, Yang Che-Yi, **Chen Yung-Sheng\***, & Souissi Nizar. (2025). Empowering obese children in physical education: Exploring the influence of verbal encouragement on games intensity, mood states, and physical enjoyment during passing games. *Plos One*, 10.1371/journal.pone.0319414
3. Cherni Bilel, Marzouki Hamza, Selmi Okba, Cherni Bilel Bouray Siwar, Bouhlel Ezdine, Bouassida Anissa, Knechtle Beat, & **Chen Yung-Sheng\*** (2025). Effect of water-based aerobic training on anthropometric, biochemical, cardiovascular, and explosive strength parameters in young overweight and obese women: A randomized controlled trial. *PeerJ*, 13, e19020. <http://doi.org/10.7717/peerj.19020>
4. Cherni Bilel, Marzouki Hamza, Selmi Okba, **Chen Yung-Sheng\***, Bouassida Anissa, & Chamari Karim. (2025). Physiological, technical, and time-motion responses according to small-sided game formats and pitch size variations in adolescent male soccer players: effects of biological maturity status. *Biology of Sport*, 42(3), 37-49. doi.org/10.5114/biol sport.2025.146788
5. Yahyaoui Riadh, Ouergui Ibrahim, Marzouki Hamza, Selmi Okba, Quansah

- Frank, Hagan John, Guelmemi Noomen, **Chen Yung-Sheng**, Lane M Andrew, Jarraya Mohamed. (2025). Adaptation and validation of the emotional intelligence scale in the physical education and sport Arabic context: A gender and type of sport invariance analysis. *Journal of Kinesiology and Exercise Sciences*, 109(35), 1-14. 10.5604/01.3001.0054.8522
6. Cherni Bilel, Marzouki Hamza, Selmi Okba, Gonçalves Bruno, Chamari Karim, **Chen Yung-Sheng\***, & Bouassida Anissa. (2025). Fixed pitch size small-sided games in young soccer players: Effects of different age categories and competitive levels on the physical and physiological responses. *Biology of Sport*, 42(2), 187-197. doi.org/10.5114/biol sport.2025.144298
  7. Rekik Ghazi., Belkhir Yosra, Jouira, Ghada., Jarraya Mohamed, Kuo Cheng-Deng, & **Chen Yung-Sheng**. (2024). Effects of visualization format and time of day on immediate recall of tactical behaviors. *Journal of Motor Learning and Development*, 12(2), 1-21 doi10.1123/jmld.2024-0008
  8. Quan Yanxiu, Zhao YongXing\*, Musa Rabiou Muazu, Morgans Ryland, Silva Rui Miguel, Hung Chin-Hwai, & **Chen Yung-Sheng** (2024). Assessing physical fitness adaptations in collegiate male soccer players through training load parameters: A two-arm randomized study on combined small-sided games and running-based high-intensity interval training. *Frontiers in Physiology*, 15, 1466386. doi:10.3389/fphys.2024.1466386
  9. Rekik Ghazi\*, Belkhir Yosra, Jouira Ghada, **Chen Yung-Sheng**, Kuo Cheng-Deng, & Jarraya Mohamed. (2024). Acquiring basketball plays through varied speeds of video demonstration: effect of time of day. *Chronobiology International*, 41(8), 1093-1103. <https://doi.org/10.1080/07420528.2024.2379579>
  10. Hung Chin-Hwai, Lu Wan-An, Pagaduan Jeffrey Cayaban, Kuo Cheng-Deng, & **Chen Yung-Sheng\*** (2024). Agreement of ultra-short-term heart rate variability measure after different repeated bouts of sprint ability tests. *Science Progress*, 107(3), 1-13. doi.org/10.1177/00368504241262150
  11. **Chen Yung-Sheng**, Lu Wan-An, Hsu, Ling-Yen, & Kuo Cheng-Deng\* (2024). Determinants of hand pulse wave velocity and hand pulse transit time in healthy adults. *Scientific Reports*, 14, 10144. <https://doi.org/10.1038/s41598-024-60927-5>
  12. 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*, 41(4), 530-538. doi: 10.1080/07420528.2024.2324023

13. 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), 11-30. DOI:<https://doi.org/10.5114/biol sport.2024.134760>
14. 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>
15. 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>
16. 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.
17. 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.
18. 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)
19. 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.
20. 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.

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21. 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>
22. 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>
23. 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.
24. **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.
25. 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>
26. 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.
27. 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.
28. 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>
29. 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.
  30. 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.
  31. **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.
  32. 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.
  33. 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.
  34. 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.
  35. **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.
  36. Silva Rui, Ceylan Halil Ibrahim, Badicu Georgian\*, Nobari Hadi, Afonso Sílvia 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
37. 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.
  38. **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.
  39. **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.
  40. 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*.
  41. **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.
  42. 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.
  43. 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.
  44. 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.



45. 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.
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47. 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.
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49. **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.
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55. 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.
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