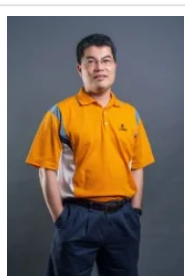




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學術活動 ...

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## 研究成果

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### 2025


#### Effects of Eccentric Exercise of the Extensors on Eccentric Exercise-Induced Muscle Damage of the Flexors in Limbs

Chen, T. C., Tseng, W. C., Kang, H. Y., Chan, C. W., Chen, H. L. & Nosaka, K., 2025 5月 1, 於: Medicine and Science in Sports and Exercise. 57, 5, p. 970-983 14 p.


研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

 Muscles

 Exercise

 Damage


 Limbs


 Bone Joints


#### Effects of eccentric versus stretching exercise training on cognitive function of older women


Huang, M. J., Singh, F., Taaffe, D. R., Chen, T. C. & Nosaka, K., 2025, 於: Applied Physiology, Nutrition and Metabolism. 50

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

 Women

 Exercise

 Stretching Exercise

 Glycosylated Hemoglobin

 Color

### 2024

#### Acute effects of eccentric versus concentric exercise on executive function and attention of older adults

Huang, M. J., Chen, T. C., Singh, F., Taaffe, D. R. & Nosaka, K., 2024 12月 1, 於: Applied Physiology, Nutrition and Metabolism. 49, 12, p. 1701-1711 11 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

 Adults

 Exercise

 Cognitive Function

 Executive Function

 Trail Making Test

#### Descending stair walking as exercise medicine

Araújo, L. H. L., Chen, T. C., Nosaka, K. & Lima, L. C. R., 2024, (接受/付印) 於: British Journal of Sports Medicine. bjsports-2024-108626.

研究成果: 雜誌貢獻 > 編者言 > 同行評審


## Effects of far-infrared radiation lamp therapy on recovery from a simulated soccer-match in elite female soccer players

Tseng, W. C., Nosaka, K., **Chou, T. Y.**, Howatson, G. & Chen, T. C., 2024 4月, 於: Scandinavian Journal of Medicine and Science in Sports. 34, 4, e14615.


研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

 開啟存取

 Females

 Simulation

 Recovery


 Therapy

 Lamps

## Experimental Study of Autologous Platelet-rich Plasma Combined With Sodium Hyaluronate on Tendon-bone Healing After Rotator Cuff Injury Repair in Rabbits


Ou, J., Wang, H., Yan, A., Wang, K. & Chen, T. C., 2024 3月, 於: Journal of Musculoskeletal Neuronal Interactions. 24, 1, p. 82-89 8 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

 Sodium

 Plasma

 Injuries


 Healing


 Repair

## Recovery from sport-induced muscle damage in relation to match-intervals in major events

Nosaka, K. & Chen, T. C., 2024, 於: Frontiers in Sports and Active Living. 6, 1422986.


研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

 Muscles

 Damage

 Recovery

 Narrative Review

 Team Sport

## 2023

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## Adequate Interval between Matches in Elite Female Soccer Players


Chen, T. C., **Chou, T. Y.** & Nosaka, K., 2023 12月, 於: Journal of Sports Science and Medicine. 22, 4, p. 614-625 12 p.


研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

 開啟存取

 Females

 Shuttles

 Comparative Evaluations

 Muscles

 Performance

## Contralateral versus ipsilateral protective effect against muscle damage of the elbow flexors and knee extensors induced by maximal eccentric exercise

Chen, T. C., Chen, H. L., Tseng, W. C., **Chou, T. Y.**, Tu, J. H., Parcell, A. C. & Nosaka, K., 2023 12月, 於: Scandinavian Journal of Medicine and Science in Sports. 33, 12, p. 2548-2560 13 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

 開啟存取

☐ Muscles ☐ Exercise ☐ Damage ☐ Bone Joints ☐ Elbow Flexor

## Effects of far-infrared radiation lamp therapy on recovery from muscle damage induced by eccentric exercise

Chen, T. C., Huang, Y. C., **Chou, T. Y.**, Hsu, S. T., **Chen, M. Y.** & Nosaka, K., 2023, 於: European Journal of Sport Science. 23, 8, p. 1638-1646 9 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

☐ Muscles ☐ Exercise ☐ Damage ☐ Recovery ☐ Therapy

## Effects of Unilateral Eccentric versus Concentric Training of Nonimmobilized Arm during Immobilization

Chen, T. C., Wu, S. H., Chen, H. L., Tseng, W. C., Tseng, K. W., Kang, H. Y. & Nosaka, K., 2023 7月 1, 於: Medicine and Science in Sports and Exercise. 55, 7, p. 1195-1207 13 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

 開啟存取

☐ Muscles ☐ Immobilization ☐ Control ☐ Damage ☐ Roots

## Muscle damage induced by maximal eccentric exercise of the elbow flexors after 3-week immobilization

Chen, T. C. C., Kang, H. Y., Tseng, W. C., Lin, S. C., Chan, C. W., Chen, H. L., **Chou, T. Y.**, **Wang, H. H.**, Lau, W. Y. & Nosaka, K., 2023 4月, 於: Scandinavian Journal of Medicine and Science in Sports. 33, 4, p. 382-392 11 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

☐ Elbow ☐ Muscle Injury ☐ Immobilization ☐ Muscles ☐ Exercise

## 2022

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## Changes in blood bone markers after the first and second bouts of whole-body eccentric exercises

Huang, T. H., Nosaka, K. & Chen, T. C., 2022 3月, 於: Scandinavian Journal of Medicine and Science in Sports. 32, 3, p. 521-532 12 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

☐ Blood ☐ Exercise ☐ Bones ☐ Osteocalcin ☐ Muscles

## Changes in Insulin Sensitivity and Lipid Profile Markers Following Initial and Secondary Bouts of Multiple Eccentric Exercises

Chen, T. C., Huang, M. J., Lima, L. C. R., **Chou, T. Y.**, **Wang, H. H.**, Tu, J. H., Lin, S. C. & Nosaka, K., 2022 6, 於: Frontiers in Physiology. 13, 917317.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

開啟存取

Lipids

Exercise

Sensitivity

Insulin

Eccentric Exercise

## Effects of Far-Infrared Radiation-Lamp Therapy on Recovery from Simulated Soccer Match Running Activities in Elite Soccer Players

Hsieh, C. C., Nosaka, K., **Chou, T. Y.**, Hsu, S. T. & Chen, T. C., 2022 9月, 於: International Journal of Sports Physiology and Performance. 17, 9, p. 1432-1438 7 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

Simulation

Recovery

Therapy

Lamps

Far Infrared Radiation

2021

## Changes in plasma C1q, apelin and adropin concentrations in older adults after descending and ascending stair walking intervention

Chen, T. C., Huang, T. H., Tseng, W. C., Tseng, K. W., Hsieh, C. C., **Chen, M. Y.**, **Chou, T. Y.**, Huang, Y. C., Chen, H. L. & Nosaka, K., 2021 12月, 於: Scientific reports. 11, 1, 17644.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

開啟存取

Concentration

Adults

Interventions

Plasma

Apelin

## Decreased running economy is not associated with decreased force production capacity following downhill running in untrained, young men

Lima, L. C. R., Nosaka, K., Chen, T. C., Pinto, R. S., Greco, C. C. & Denadai, B. S., 2021, 於: European Journal of Sport Science. 21, 1, p. 84-92 9 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

Men

Muscles

Economy

Production Capacity

Parameters

## Effect of Leg Eccentric Exercise on Muscle Damage of the Elbow Flexors after Maximal Eccentric Exercise

Chen, T. C., Chen, H. L., Cheng, L. F., **Chou, T. Y.** & Nosaka, K., 2021, 於: Medicine and Science in Sports and Exercise. 53, 7, p. 1473-1481 9 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

Muscles

Exercise

Damage

Elbow Flexor


Contraction


## Effect of preconditioning exercise on biceps brachii myotendinous junction displacement during elbow flexor eccentric exercise

Ho, C. C., Nosaka, K., Tseng, K. W., Tseng, W. C., Lau, W. Y., Bogdanis, G. C. & Chen, T. C., 2021 4月, 於: Scandinavian Journal of Medicine and Science in Sports. 31, 4, p. 813-825 13 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

 Eccentric Exercise

 Muscle Injury

 Exercise

 Contraction


 Junctions

## Muscle damage and performance after single and multiple simulated matches in university elite female soccer players

Chou, T. Y., Nosaka, K. & Chen, T. C., 2021 4月 2, 於: International journal of environmental research and public health. 18, 8, 4134.


研究成果: 雜誌貢獻 > 期刊論文 > 同行評審


 開啟存取

 Performance

 Females

 Universities


 Simulation


 Muscles

## Striking muscle adaptations induced by volume-dependent repeated bouts of low-intensity eccentric exercise of the elbow flexors


Chen, T. C., Tseng, W. C., Chen, H. L., Tseng, K. W., Chou, T. Y., Huang, Y. C. & Nosaka, K., 2021, 於: Applied Physiology, Nutrition and Metabolism. 46, 8, p. 897-905 9 p.


研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

 Elbow Flexor

 Muscle Hypertrophy

 Muscle Thickness

 Hypertrophy

 Resistance Training

## 2020

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## Acute responses of bone specific and related markers to maximal eccentric exercise of the knee extensors and flexors in young men

Huang, T. H., Lin, J. C., Ma, M. C., Yu, T. & Chen, T. C., 2020 6月, 於: Journal of Musculoskeletal Neuronal Interactions. 20, 2, p. 206-215 10 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

 Osteocalcin

 Leptin

 Collagen Type 1

 Procollagen

 Telopeptide

## Comparison among three different intensities of eccentric contractions of the elbow flexors resulting in the same strength loss at one day post-exercise for changes in indirect muscle damage markers

Chen, T. C., Huang, G. L., Hsieh, C. C., Tseng, K. W., Tseng, W. C., Chou, T. Y. & Nosaka, K., 2020 1月 <sup>1</sup> <sup>^^</sup> European Journal of Applied Physiology. 120, 1, p. 267-279 13 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審



Comparative Evaluations



Losses



Muscles



Exercise



Damage

## Contralateral Effects by Unilateral Eccentric versus Concentric Resistance Training

Tseng, W. C., Nosaka, K., Tseng, K. W., **Chou, T. Y.** & Chen, T. C., 2020 2月 1, 於: Medicine and Science in Sports and Exercise. 52, 2, p. 474-483 10 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

開啟存取



Contraction



Muscle Injury



Groups



Resistance Training



Elbow Flexor

## Large increases in plasma fast skeletal muscle troponin I after whole-body eccentric exercises

Chen, T. C., Liu, H. W., Russell, A., Barthel, B. L., Tseng, K. W., Huang, M. J., **Chou, T. Y.** & Nosaka, K., 2020 8月, 於: Journal of Science and Medicine in Sport. 23, 8, p. 776-781 6 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審



Muscles



Exercise



Plasma



Exercise



Plasma

## 遠紅外線照射對消除延遲性肌肉酸痛與本體感覺恢復之效果評估

周台英(Tai-Ying Chou), 謝忠展(Chung-Chan Hsieh), 曾國維, 曾暉晉, 許聖宗(Sheng-Tsung Hsu), 陳忠慶(Trevor C. Chen) & 鄭立夫(Li-Fu Cheng), 2020, 於: 體育學報. 53, 2, p. 235-249 15 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審



Muscle



Exercise



Proprioception



Young Woman



Sham Procedure

## 2019

## Damage and the repeated bout effect of arm, leg, and trunk muscles induced by eccentric resistance exercises

Chen, T. C., Yang, T. J., Huang, M. J., **Wang, H. S.**, Tseng, K. W., Chen, H. L. & Nosaka, K., 2019 5月, 於: Scandinavian Journal of Medicine and Science in Sports. 29, 5, p. 725-735 11 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審



Elbow Flexor



Myoglobin



Creatine Kinase



Elbow Extensors



Delayed Onset Muscle Soreness

## Damage protective effects conferred by low-intensity eccentric contractions on arm, leg and trunk muscles

Huang, M. J., Nosaka, K., **Wang, H. S.**, Tseng, K. W., Chen, H. L., **Chou, T. Y.** & Chen, T. C., 2019 5月 1, 於: European Journal of Applied Physiology. 119, 5, p. 1055-1064 10 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

☐ Muscles ☐ Damage ☐ Contraction ☐ Control ☒ Knee Flexors

## 2018

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### Contralateral Repeated Bout Effect of the Knee Flexors

Chen, T. C., Lin, M. J., Chen, H. L., Yu, H. I. & Nosaka, K., 2018 3月 1, 於: Medicine and Science in Sports and Exercise. 50, 3, p. 542-550 9 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

☐ Contraction ☐ Bone Joints ☐ Contralateral ☐ Knee ☐ Control

### Influence of maturation status on eccentric exercise-induced muscle damage and the repeated bout effect in females

Lin, M. J., Nosaka, K., Ho, C. C., Chen, H. L., Tseng, K. W., Ratel, S. & Chen, T. C. C., 2018 1月 5, 於: Frontiers in Physiology. 8, JAN, 1118.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

 開啟存取

☐ Maturation ☐ Muscle Injury ☐ Arterial Stiffness ☐ Maturation ☒ Proprioception

### Low-intensity elbow flexion eccentric contractions attenuate maximal eccentric exercise-induced muscle damage of the contralateral arm

Chen, T. C., Lin, M. J., Lai, J. H., Chen, H. L., Yu, H. I. & Nosaka, K., 2018 10月, 於: Journal of Science and Medicine in Sport. 21, 10, p. 1068-1072 5 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

☐ Exercise ☐ Arm ☐ Eccentric Muscle Contraction ☐ Contralateral ☐ Elbow Flexion

### Muscle damage protective effect by two maximal isometric contractions on maximal eccentric exercise of the elbow flexors of the contralateral arm

Chen, T. C., Lin, M. J., Chen, H. L., Lai, J. H., Yu, H. I. & Nosaka, K., 2018 4月, 於: Scandinavian Journal of Medicine and Science in Sports. 28, 4, p. 1354-1360 7 p.

研究成果: 雜誌貢獻 > 期刊論文 > 同行評審

☐ Muscles ☐ Exercise ☐ Damage ☐ Contraction ☐ Arm

## 2017

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### Effects of descending stair walking on health and fitness of elderly obese women



Chen, T. C., Hsieh, C. C., Tseng, K. W., Ho, C. C. & Nosaka, K., 2017 8月 1, 於: Medicine and Science in Sports and Exercise. 49, 8, p. 1614-1622 9 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

Insulin

Lipid

Bone Mineral Density

Triacylglycerol

Glucose

## Mechanisms and Mediators of the Skeletal Muscle Repeated Bout Effect

Hyldahl, R. D., Chen, T. C. & Nosaka, K., 2017 1月 1, 於: Exercise and Sport Sciences Reviews. 45, 1, p. 24-33 10 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

Adaptation

Muscles

Skeletal Muscle

Damage

Work

## Superior effects of eccentric to concentric knee extensor resistance training on physical fitness, insulin sensitivity and lipid profiles of elderly men

Chen, T. C. C., Tseng, W. C., Huang, G. L., Chen, H. L., Tseng, K. W. & Nosaka, K., 2017 4月 10, 於: Frontiers in Physiology. 8, APR, 209.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

開啟存取

Men

Lipids

Sensitivity

Bone Joints

Insulin

## 編者的話

Chen, C.-C., 2017, 於: 體育學報. 50, 2

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

## 2016

### Contralateral Repeated Bout Effect of Eccentric Exercise of the Elbow Flexors

Chen, T. C., Chen, H. L., Lin, M. J., Yu, H. I. & Nosaka, K., 2016 10月 1, 於: Medicine and Science in Sports and Exercise. 48, 10, p. 2030-2039 10 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

Arm

Contralateral

Elbow



Exercise

Eccentric Exercise

### Protective effect by maximal isometric contractions against maximal eccentric exercise-induced muscle damage of the knee extensors

Tseng, K. W., Tseng, W. C., Lin, M. J., Chen, H. L., Nosaka, K. & Chen, T. C., 2016 7月 2, 於: Research in Sports Medicine. 24, 3, p. 243-256 14 p.



研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

 Muscles Exercise Damage Contraction Bone Joints

## Susceptibility to Exercise-Induced Muscle Damage: A Cluster Analysis with a Large Sample

Damas, F., Nosaka, K., Libardi, C. A., Chen, T. C. & Ugrinowitsch, C., 2016 7月 1, 於: International Journal of Sports Medicine. 37, 8, p. 633-640 8 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

 Muscles Exercise Damage Cluster Analysis Torque

## 反覆性離心運動對神經適應與重複訓練效應之影響

曾暉晉, 陳冠傑(Guan-Jie Chen), 陳信良, 游慧宜(Hui-I Yu), Yang, X.-L., Nosaka, K. & 陳忠慶(Trevor C. Chen), 2016, 於: 體育學報. 49, 1, p. 15-26 12 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

## 低強度離心運動對重複訓練效應及表層肌電訊號活性之影響

曾暉晉, 曾國維, 陳信良 & 陳忠慶(Trevor Chung-Ching Chen), 2016, 於: 物理治療. 41, 3, p. 189-198 10 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

## 編者的話

陳忠慶, 2016, 於: 體育學報. 49, 2, p. i-ii


研究成果: 雜誌貢獻 › 期刊論文

## 2015

### Acute effects of static active or dynamic active stretching on eccentric-exercise-induced hamstring muscle damage

Chen, C. H., Chen, T. C., Jan, M. H. & Lin, J. J., 2015 4月 1, 於: International Journal of Sports Physiology and Performance. 10, 3, p. 346-352 7 p.



研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

 Muscles Exercise Dynamics Damage Control

### Low-intensity eccentric contractions of the knee extensors and flexors protect against muscle damage

Lin, M. J., Chen, T. C. C., Chen, H. L., Wu, B. H. & Nosaka, K., 2015 9月 22, 於: Applied Physiology, Nutrition and Metabolism. 40, 10, p. 1004-1011 8 p.

研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

 Control Muscle Injury Knee Flexors Creatine Kinase Potassium Fluorides

## 離心運動引起不同程度延遲性肌肉酸痛與肌肉損傷指標反應之間的關係

何智巧, 陳信良, 陳忠慶(Trevor C. Chen) & 林明儒, 2015, 於: 嘉大體育健康休閒期刊. 14, 2, p. 140-152 13 p.  
研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

## 離心運動訓練對抗老化效果之探討

何智巧(Chih-Chiao Ho), 曾國維 & 陳忠慶(Trevor C. Chen), 2015, 於: 運動生理暨體能學報. 20, p. 1-11 11 p.  
研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

## 2014

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### Eccentric exercise-induced muscle damage of pre-adolescent and adolescent boys in comparison to young men

Chen, T. C., Chen, H. L., Liu, Y. C. & Nosaka, K., 2014 6月, 於: European Journal of Applied Physiology. 114, 6, p. 1183-1195 13 p.  
研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

☒ Comparative Evaluations ☒ Men ☒ Muscles ☒ Exercise ☒ Damage

## 編者的話

Chen, C.-C., 2014, 於: 體育學報. 47, 2  
研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

## 2013

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### Effect of two maximal isometric contractions on eccentric exercise-induced muscle damage of the elbow flexors

Chen, T. C., Chen, H. L., Lin, M. J., Chen, C. H., Pearce, A. J. & Nosaka, K., 2013 6月, 於: European Journal of Applied Physiology. 113, 6, p. 1545-1554 10 p.  
研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

☒ Muscles ☒ Exercise ☒ Damage ☒ Contraction ☒ Eccentric Exercise

### Low-intensity eccentric contractions attenuate muscle damage induced by subsequent maximal eccentric exercise of the knee extensors in the elderly

Chen, T. C., Tseng, W. C., Huang, G. L., Chen, H. L., Tseng, K. W. & Nosaka, K., 2013 4月, 於: European Journal of Applied Physiology. 113, 4, p. 1005-1015 11 p.  
研究成果: 雜誌貢獻 › 期刊論文 › 同行評審

☒ Muscle Injury ☒ Bone Joints ☒ Isometrics ☒ Strength ☒ Thigh Circumference

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