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受文者：國立臺北科技大學

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附件：1、4212研討會計畫。2、4212檢定考。(_4212研討會計畫1 1000004212_ ATTACHMENT_1.PDF、_4212檢定考2 1000004212_ ATTACHMENT_2.PDF)

主旨：檢送本校辦理「2012年肌力與體能訓練研討會」及「『肌力與體能訓練員專業證照(Certificated Strength and Conditioning Specialist(CSCS))』及『個人訓練教練專業證照(Certificated Personal Trainer(CPT))』證照檢定考試」實施計畫如附件一、二，敬請鼓勵所屬師生或運動教練踴躍報名參加，請 查照。

說明：

- 一、研討會日期：101年1月13日(五)起至1月16日(一)。
- 二、證照考試日期：101年1月17日(二)。
- 三、相關資訊及報名表請至中國文化大學體育館網站<http://www2.pccu.edu.tw/CUEP/>下載。聯絡及諮詢：簡名豪老師，電話02-28610511轉分機17152。

正本：公私立大專校院、中華民國運動教練協會、台灣運動生理暨體能學會

副本：本校體育系、運動教練博研究所碩士班、國術系、體育室



校 長 吳 萬 益

2012 年肌力與體能訓練研討會實施計畫

一、目的：推動我國運動團隊肌力及體能訓練專業化，培養國際級肌力及體能教練人才，促進運動健康品質，提升運動競賽績效。

二、主辦單位：中華民國運動教練協會、台灣運生理暨體能學會、中國文化大學體育室

三、協辦單位：中國文化大學體育學系、運動教練碩博士班、國術系

四、日期：2012 年 1 月 13 日(五)~16 日(一)

五、地點：中國文化大學校本部體育館 3 樓堅毅廳（台北市士林區華岡路 55 號）

六、報名資格：(1) 大學以上畢業學歷(檢附畢業證書及成績單)；

(2)持有效心肺復甦術(CPR)資格者。未提供者於通過 NSCA 證照考試後必須出具 CPR 有效資格證明，始能報 NSCA 核發證照。

七、證照考試日期及地點：詳細資料請見 NSCA-CSCS 及 NSCA-CPT 證照考試實施計畫(網站 <http://www2.pccu.edu.tw/CUFB/index.htm>)

(一)日期：2012 年 1 月 17 日(二)

(二)地點：中國文化大學體育館堅毅廳（台北市士林區華岡路 55 號，孝 507、508 教室）

八、研討方式：

(一)專題講座：邀請「美國肌力與體能訓練協會」(National Strength and Conditioning Association, NSCA) 認證合格教授或國際級專家學者進行專題講座。

(二)專項技術訓練研習(workshop):邀請國際級肌力及體能教練或專家學者進行專項技術訓練研習。

九、報名辦法：

(一)報名時間：自即日起至 2011 年 12 月 31 日(日)止(以郵戳為憑)

請詳見中國文化大學體育室網站 (<http://www2.pccu.edu.tw/CUFB/index.htm>)

或來電 (02) 2861-0511 轉 16501-16504，由專人為您服務。

(二)報名方式：

1.報名費：新台幣9,000元整(費用含參與研習會會議資料與午餐)

2.報名：

(1)親自報名：中國文化大學體育館五樓體育館502室，每日09:00am- 4:30 pm。

(2)通信報名：請於 2011 年 12 月 31 日(星期六)前(以郵戳為憑)填妥報名表，報名費匯票，書寫抬頭「中國文化大學」寄:台北市士林區華岡路 55 號體育館 502 室林少麗小姐收。

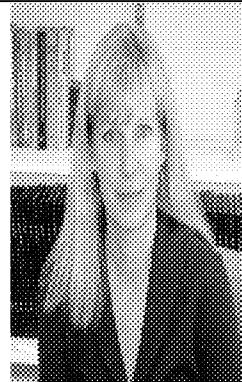
(3)優待：凡中國文化大學學生、中華民國運動教練協會及台灣運生理暨體能學會會員請出具有效學生證或會員證明影本，可享九折優待(即新台幣 8,100 元整)。

十、課程表

Jan. 13(Fri.)	Jan 14(Sat.)	Jan 15(Sun.)	Jan. 16(Mon.)
7:30-8:00 報到(Check In)			
8:00-8:30 研習課程概論 Overview to Symposium (Prof. Shala Davis)	8:00-9:30 運動營養 Sport Nutrition (Prof. Shala Davis)	8:00-9:45 組織與行政(第II組) Organization and Administration (Group II) (Prof. Shala Davis)	8:00-9:15 特殊族群 Special Group (Prof. Shala Davis)
8:30-10:00 運動與訓練的生物能量學 Bioenergetics Exercise and Training (Prof. Shala Davis)		8:00-9:45 動作技術操作 Exercise Technique Session A (Group I) (Dr. Chad Witmer/ Dr. Gavin Moir/ Dr. Li-Ming Chiang)	9:30-10:45 顧客諮詢 Client Consultation (Dr. Chad Witmer)
10:00-10:30 茶歇 (Tea Break)	9:30-10:00 茶歇 (Tea Break)	9:45-10:00 茶歇 (Tea Break)	10:45-11:00 茶歇 (Tea Break)
10:30-12:00 訓練的反應與適應 Responses/Adaptation to Training (Dr. Emily Sauers)	10:00-11:30 測量與評估 Measurement and Evaluation (Dr. Emily Sauers)	10:00-12:00 動作技術操作 Exercise Technique Session B (Group II) (Dr. Chad Witmer/ Dr. Gavin Moir/ Dr. Li-Ming Chiang)	11:00-13:00 實務練習 Practical Hands-on Open Session (Dr. Chad Witmer/ Dr. Gavin Moir/ Dr. Li-Ming Chiang)
		10:00-12:00 評量技巧 Assessment Techniques(Group I) (Dr. Emily Sauers)	
12:30-13:30 午餐(Lunch)	11:30-13:00 午餐(Lunch)	12:30-13:30 午餐(Lunch)	13:00-14:00 午餐(Lunch)
13:30-15:00 運動訓練計畫與週期 Exercise Programming and Periodization (Dr. Chad Witmer)	13:30-15:00 生物力學概念 Biomechanical Concepts (Dr. Gavin Moir)	13:30-15:00 動作技術操作 Exercise Technique Session B (Group I) (Dr. Chad Witmer/ Dr. Gavin Moir/ Dr. Li-Ming Chiang)	14:00-15:00 Question and Answer 問與答-證照考試說明 Description of the NSCA-CSCS exams
		13:30-15:00 評量技巧 Assessment Techniques(Group II) (Dr. Emily Sauers)	14:00-15:00 Question and Answer 問與答-證照考試說明 Description of the NSCA-CPT exams
15:00-15:30 茶歇 (Tea Break)	15:00-15:15 茶歇 (Tea Break)		15:00-15:30 茶歇 (Tea Break)
15:30-17:00 速度發展與增強式訓練 Speed Development and Plyometric Training (Dr. Gavin Moir)	15:15-17:00 組織與行政(第I組) Organization and Administration (Group I) (Prof. Shala Davis)	15:00-17:00 技術練習 Open Technique Practice	15:30-17:00 Question and Answer 問與答-證照考試說明 Description of the NSCA-CSCS exams
	15:15-17:00 動作技術操作 Exercise Technique Session A (Group II) (Dr. Chad Witmer/ Dr. Gavin Moir/ Dr. Li-Ming Chiang)		
			15:30-17:00 Question and Answer 問與答-證照考試說明 Description of the NSCA-CPT exams

十一、講座學者

Shala E. Davis

Name	Shala E. Davis	Gender	Female	
Nationality	U.S.	Birthday	1965 12, 07	
Title Department	Department Chairperson , Department of Exercise Science, East Stroudsburg University Professor , Department of Exercise Science, East Stroudsburg University			
Education	Ph.D. Physiology: University of Virginia, 1994			
Experience	<p>Department Chairperson, Department of Exercise Science, East Stroudsburg University, 2011-present.</p> <p>Professor, Department of Exercise Science, East Stroudsburg University, 2006-present.</p> <p>Associate Professor: Movement Studies and Exercise Science, East Stroudsburg University, 2001-present</p> <p>Director, Student-Athlete Center for Excellence, East Stroudsburg University, 1999-2008.</p> <p>Assistant Professor: Movement Studies and Exercise Science, East Stroudsburg University, 1996 to 2001</p> <p>Assistant Professor: Human Nutrition, Foods, and Exercise Science, Virginia Tech, 1993-1996</p> <p>Research Coordinator: University of Virginia, 1991-1993.</p> <p>Instructor, Winston-Salem State University, 1990-1991.</p> <p>Graduate Assistant, Wake Forest University, 1987-1989.</p>			
Specialty	Exercise Physiology Sport Nutrition Athletic Performance			
License	Certified Strength and Conditioning Specialist (NSCA) 2005-present Exercise Specialist (ACSM) 1991-present Program Director (ACSM) 1997-present			

Honor	1991	Elected, Regional SEACSM Graduate Student Representative to ACSM
	1992	Appointed to National Certification Committee, ACSM
	1996	Appointed National Subcommittee Chair for Exercise Specialist, ACSM
	1997	Granted Program Director Certification, ACSM
	1998	Inducted as Fellow Status, American College of Sports Medicine
	2000	Elected, Executive Board, Mid-Atlantic ACSM
	2001	Appointed, National ACSM Credentialing (CPE) Committee
	2002	Appointed, National Federation High School Sports, Sports Medicine Advisory Board
	2002	Elected, President-Elect, Mid-Atlantic American College of Sports Medicine
	2002	Appointed, Certification Director for ACSM Portugal Site
	2002	Elected, President, Mid-Atlantic American College of Sports Medicine
	2002	Appointed, NCAA Speakers Grant Program
	2004	Appointed, Continuing Professional Education Committee Chair, ACSM
	2004	Appointed, Executive Committee, ACSM/CAAHEP Committee for the Accreditation of the Exercise Sciences
	2005	Appointed, Certification Team Member, for ACSM Netherlands Site
	2005	Granted, Certified Strength and Conditioning Specialist Certification, National Strength and Conditioning Association
	2006	Appointed, Regional Chapters Representative, Mid-Atlantic American College of Sports Medicine
	2007	Appointed Chair, ACSM/CAAHEP Committee for the Accreditation of the Exercise Sciences
	2007	Appointed, Member of ACSM Professional Education Committee
	2008	Awarded, Service Award for Mid-Atlantic American College of Sports Medicine



Research

G. B. Dwyer and **S. E. Davis**, ACSM's 2nd Edition Health-Related Physical Fitness Assessment Guidelines" Lippincott Williams & Wilkins, Baltimore, MD, April 2007.

G. B. Dwyer and **S. E. Davis**, ACSM's Health-Related Physical Fitness Assessment Guidelines" Lippincott Williams & Wilkins, Baltimore, MD, March 2004.

S.E.Davis, ACSM Guidelines for Exercise Testing and Exercise Prescription. 7th Edition . Chapter 9: Other Clinical Conditions Influencing Exercise Prescription, Lippincott Williams & Wilkins, Baltimore, MD, May 2005

Percia, M., **S.E. Davis** & G. Dwyer (2011) "Getting a Professional Physical Fitness Assessment" ACSM Fit Society Page, Spring 2011, p. 2.

Babbitt, D., **S. E. Davis**, D. Cummings, & G. Dwyer (2010) "The Effect of Hydration Status on Physiological Performance in an Indoor Cycling Class of Active Women" MSSE vol. 42 No. 5, s392, 2010.

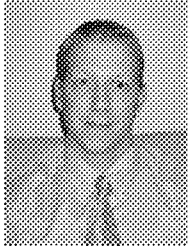
Davis, S. E. K. Hodnik, P. Parker, & G.B. Dwyer. "A Comparison of Body Dissatisfaction and Obligatory Exercise Among Certified Fitness Instructors and Regular Exercisers" MSSE Vol. 41 No. 5, s437, 2009.

Davis, S. E. H. Nieboer, D. Cummings, G. Rozea & C. Shotwell. "The Occurrence of Obesity and Disease State in Former Division II NCAA Football Athletes" MSSE Vol. 40 No. 5, s471, 2008.

Davis, S. E. D. Ibarra, C. Witmer & T. Gioglio. "An Evaluation of Body Size of High School Football Players in NEPA over three decades." MSSE Vol. 39 No. 5, s 403, 2007.



Chad A. Witmer, Profile


Name	Chad A. Witmer	Gender	Male	
Nationality	USA	Birthday	1972.02.20	
Title Department	Associate Professor , Department of Exercise Science, East Stroudsburg University			
Education	Ph.D., Temple University, USA			
Experience	<p>Associate Professor , Department of Exercise Science, East Stroudsburg University, 2011-present</p> <p>Graduate Coordinator, Department of Exercise Science, East Stroudsburg University, 2011-present</p> <p>Human Performance Laboratory Coordinator, Department of Exercise Science, East Stroudsburg University, 2007-present</p> <p>Assistant Professor, Department of Exercise Science, East Stroudsburg University, 2007-2011</p> <p>Assistant Professor, Department of Movement Activities and Lifetime Fitness, East Stroudsburg University, 2005-2007</p> <p>Instructor, Department of Movement Studies and Exercise Science, East Stroudsburg University, 2000-2005</p>			
Specialty	<p>Exercise Physiology</p> <p>Strength and Conditioning</p>			
License	<p>Certified Strength and Conditioning Specialist (NSCA)</p> <p>USAW Level 1 Club Coach</p>			
Honor	<p>Appointed, Research Awards Committee, Mid-Atlantic Regional Chapter of American College of Sports Medicine, 2010-present</p> <p>Recipient of National Strength and Conditioning Association Certification Commission Bronze Award, 2007, 2009.</p>			




Research

- Witmer, C.A.**, L.M. Oberacker, G.L. Moir, S.E. Davis, G.G. Haff (2011). "The Effects of Stable Versus Unstable Surface Resistance Training on Performance of Female Soccer Players." Medicine and Science in Sports and Exercise, 43 (5), S583.
- Moir, G.L., Mergy, D., **Witmer, C.A.**, Davis, S.E. (2011). "The Acute Effects of Manipulating Volume and Load of Back Squats on Countermovement Jump Performance." The Journal of Strength and Conditioning Research, 25 (6), 1486-1491.
- Guers, J.J., Davis, S.E., Moir, G.L., **Witmer, C.A.** (2011). "Knee Kinematics During Anticipated and Unanticipated Cutting Movements in Male and Female Soccer Players." Medicine and Science in Sports and Exercise, 43 (5), S426.
- Glaister, M., **C.Witmer**, D.W. Clarke, J.J. Guers, J.L. Heller, & G.L. Moir (2010). "Familiarization, Reliability and Evaluation of a Multiple Sprint Running Test Using Self-Selected Recovery Periods." The Journal of Strength and Conditioning Research, 24 (12), 3296-3301.
- Witmer, C.A.**, Davis, S.E., Moir, G.L. (2010). "The Acute Effects of Back Squats on Mechanical Variables During Countermovement Jump Performance in Women." Medicine and Science in Sports and Exercise, 42 (5), S207.
- Moir, G.L., Rhoades, M., **Witmer, C.A.**, Davis, S.E. (2010). "The Effects of Exercise Order and Load on Power Output and Work During Clean Pulls." Medicine and Science in Sports and Exercise, 42 (5), S355.
- Witmer, C.A.**, Davis, S.E., Moir, G.L. (2010) "The Acute Effects of Heavy Resistance Exercise on Vertical Jump Performance in Men and Women. Journal of Sports Science and Medicine, 9 (2), 206-213.
- Glaister, M., **C.Witmer**, D.W. Clarke, J.J. Guers, J.L. Heller, & G.L. Moir (2009). "Familiarization, Reliability and Evaluation of a Multiple Sprint Running Test Using Self-Selected Recovery Periods." Medicine and Science in Sports and Exercise, 41 (5), S387.
- Moir, G.L., D. Ochnich, **C.A. Witmer**, & S.E. Davis (2009). "The Effects of Exercise Order on Power Output and Mechanical Work During a Series of Cleans." Medicine and Science in Sports and Exercise, 41 (5), S294-S295.
- Witmer, C.A.**, Mergy, D., Moir, G.L., Davis, S.E. (2009). "Acute Effects of Manipulating Volume and Load of Back Squats on Countermovement Jump Performance." Medicine and Science in Sports and Exercise, 41 (5), S295.
- Gordon, B., Moir, G., Davis, S., **Witmer, C.**, Cummings, D. (2009). "An Investigation Into the Relationship of Flexibility, Power, and Strength to Club Head Speed in Male Golfers." The Journal of Strength and Conditioning Research. 23(5):1606-1610.

Emily Sauers

Name	Emily Sauers	Gender	Female	
Nationality	United States	Date of Birth	December 30, 1981	
Title Department	Assistant Professor, Department Exercise Science East Stroudsburg University of Pennsylvania, USA			
Education	Ph.D., East Carolina University M.A., East Carolina University B.S. University of Montana			
Experience	Assistant Professor, Department of Exercise Science, East Stroudsburg University, 2010-present. Instructor, Pitt Community College, 2008-2009. Graduate Assistant, East Carolina University, 2004-2010.			
Specialty	Exercise Physiology Metabolism Nutrition Aerobic Exercise			
Certifications	American College of Sports Medicine Clinical Exercise Specialist (Received 06/2008) American Heart Association CPR/First Aid (Received 09/2011)			
Research	<p>Sauers EJ, Knox W, Zabarsky Z., Kristeller, R., Hickner, RC. Perilipin and Stimulated Lipolysis are Higher in Endurance Trained Than Sedentary Lean Men. MSSE Vol. 43 No. 5. S2865. 2011.</p> <p>Johnson EA, Ormbsee MJ, Hickner RC. Effects of Training Status and Body Composition on Lipolysis and Lipolytic Proteins. Obesity. 2009.</p> <p>Johnson EA, Ormsbee MJ, Choi MD, Hickner RC. Lipolytic Proteins Content in Lean, Obese, and Exercise Trained men. FASEB J 22:123. 2008</p> <p>Ormsbee MJ, Thyfault JP, Johnson EA, Kraus RM, Choi MD, and Hickner RC. Metabolic effects of acute resistance exercise in trained men. J.Appl. Physiol. 102(5):1767-72. 2007.</p> <p>Choi MD, Johnson EA, Kraus RM, Ormsbee MJ, and Hickner RC. Response of Subcutaneous Adipose Tissue Nitric Oxide Synthases to 10 days of Exercise Training. FASEB J. 21: 615.23, 2007.</p> <p>Johnson EA, Choi, MD, Kraus RM, Ormsbee MJ, and Hickner RC. The Effects of Nitric Oxide on Lipolysis in Obese Women before and After 10 Days of Exercise Training.. MSSE Vol. 38 No.11 S42. 2006</p>			

Gavin L. Moir

Name	Gavin L. Moir	Gender	Male	
Nationality		Date Birth	24 th January 1975	
Title	2010 - Associate Professor, Exercise Science Department Present East Stroudsburg University of Pennsylvania, USA 2005 - Assistant Professor, Exercise Science Department 2010 East Stroudsburg University of Pennsylvania, USA 2003 - Napier University, Edinburgh. 2004 Lecturer Sports Injury Management.			
Department				
Education	2000 - University of 2004 Edinburgh 1996 - University of 1997 Sheffield 1993 - Leicester 1996 University	Ph.D Thesis title: An exploration of the effect of resistance training on performance and co-ordination during accelerative sprinting. M.Med.Sci Sports Medicine and Exercise Science. B.Sc (Hons) Psychology and Sports Science.		
Professional Organization Membership	2010 - Present 2007 - Present 2005 - Present	United States Weightlifting American College of Sports Medicine International Society of Biomechanics in Sport		
Specialty	Biomechanics Motor control Strength & conditioning			
Certifications	2010 Level 1 Sports Performance Coach. United States Weightlifting			

Research

- Moir, G.L.**, D. Mergy, C.A. Witmer, & S.E. Davis (2011) The acute effects of manipulating volume and load of back squats on countermovement vertical jump performance. *Journal of Strength and Conditioning Research*, **25**, 1486-1491.
- Connaboy, C., S. Coleman, **G. Moir**, & R. Sanders (2010) Reliability of kinematic variables in maximal undulatory underwater swimming. *Medicine and Science in Sports and Exercise*, **42**, 762-770.
- Glaister, M., C. Witmer, D.W. Clarke, J.J. Guers, J.L. Heller, & **G.L. Moir** (2010) Familiarization, reliability and evaluation of a multiple sprint running test using self-selected recovery periods. *Journal of Strength and Conditioning Research*. **24**, 3296-3301.
- Witmer, C.A., S.E. Davis, & **G.L. Moir** (2010) The acute effects of heavy resistance exercise on vertical jump performance in men and women. *Journal of Sports Science and Medicine*, **9**, 206-213.
- Dalrymple, K., S.E. Davis, G.B. Dwyer, & **G. Moir** (2010) The effects of static versus dynamic warm-up on vertical jump performance in collegiate female volleyball players. *Journal of Strength and Conditioning Research*, **24**, 149-155.
- Gordon, B., **G. Moir**, S.E. Davis, C. Witmer, & D. Cummings (2009) The relationship of strength, power, and flexibility to club head speed in male golfers. *Journal of Strength and Conditioning Research*, **23**, 1606-1610.
- Moir, G.L.**, J.R. Dale, & W.W. Dietrich (2009) The acute effects of heavy back squats on mechanical variables during a series of bilateral hops. *Journal of Strength and Conditioning Research*. **23**, 1118-1124.
- Moir, G.L.**, A. Garcia, & G.B. Dwyer (2009) Inter-session reliability of kinetic and kinematic variables during vertical jump performance in men and women. *International Journal of Sports Physiology and Performance*, **4**, 317-330.
- Moir, G.L.**, P. Shastri, & C. Connaboy (2008) The reliability of vertical jump performance in men and women. *Journal of Strength and Conditioning Research*, **22**, 1779-1784.
- Moir, G.L.** (2008) The effects of different calculations of vertical jump height in men and women. *Measurement in Physical Education and Exercise Science*, **12**, 207-218.
- Yetter, M. & **G.L. Moir** (2008) The acute effects of heavy back and front squats on 40 m sprint trials. *Journal of Strength and Conditioning Research*, **22**, 159-165.
- Glaister, M., M.H. Stone, A.M. Stewart, M. Hughes, & **G.L. Moir** (2007) The influence of endurance training on multiple sprint cycling performance. *Journal of Strength & Conditioning Research*, **21**, 606-612.
- Moir, G.**, R.H. Sanders, C. Button, & M. Glaister (2007) The effect of periodized resistance training on accelerative sprint performance. *Sports Biomechanics*, **6**, 285-300.
- Glaister, M., M.H. Stone, A.M. Stewart, M. Hughes, & **G.L. Moir** (2006) Aerobic and anaerobic correlates of multiple sprint cycling performance. *Journal of Strength & Conditioning Research*, **19**, 831-837.
- Glaister, M., M.H. Stone, A.M. Stewart, M. Hughes, & **G.L. Moir** (2005) The influence of recovery duration on multiple sprint cycling performance. *Journal of Strength & Conditioning Research*, **19**, 831-837.
- Moir, G.**, R.H. Sanders, C. Button, & M. Glaister (2005) The influence of familiarization on the reliability of force variables measured during unloaded and loaded vertical jumps. *Journal of Strength & Conditioning Research*, **19**, 140-145.
- Glaister, M., M.H. Stone, A.M. Stewart, M. Hughes, & **G.L. Moir** (2004) The reliability and validity of fatigue measures during short-duration, maximal-intensity intermittent cycling. *Journal of Strength & Conditioning Research*, **18**, 459-463.
- Moir, G.** & M. Glaister (2004) The reliability of accelerative sprint performance: does starting position matter? *Journal of Human Movement Studies*, **47**, 183-191.
- Moir, G.**, C. Button, M. Glaister, M.H. Stone (2004) The influence of familiarization on the reliability of vertical jump and acceleration sprinting performance in physically active men. *Journal of Strength & Conditioning Research*, **18**, 276-280.
- Glaister, M., M.H. Stone, A.M. Stewart, M. Hughes, & **G.L. Moir** (2003) Reliability of power output during short-duration, maximal-intensity intermittent cycling. *Journal of Strength & Conditioning Research*, **17**, 781-784.
- Stone, M.H., **G. Moir**, M. Glaister, & R. Sanders (2002) How much strength is necessary? *Physical Therapy in Sport*, **3**, 88-96.

<p>Published Abstracts</p>	<p>Guers, J.J., S.E. Davis, G.L. Moir, & C.A. Witmer (2011) Knee kinematics during anticipated and unanticipated cutting movements in male and female soccer players. <i>Medicine and Science in Sports and Exercise</i>, 43, S426.</p> <p>Moir, G.L., B.R. Hartman, D.M. Cummings, & S.E. Davis (2011) Differences in eccentric and concentric power during squats performed in power, hypertrophy and strength workouts. <i>Medicine and Science in Sports and Exercise</i>, 43, S272.</p> <p>Witmer, C.A., L.M. Oberacker, G.L. Moir, S.E. Davis, & G.G. Haff. (2011) The effects of stable and unstable surface resistance training on performance of female soccer players. <i>Medicine and Science in Sports and Exercise</i>, 43, S583</p> <p>Moir, G.L., M. Rhoades, C.A. Witmer, & S.E. Davis (2010) The effects of exercise order and load on power output and work during clean pulls. <i>Medicine and Science in Sports and Exercise</i>, 42, S355.</p> <p>Witmer, C.A., S.E. Davis, & G.L. Moir (2010) The acute effects of back squats on mechanical variables during countermovement vertical jump performance in women. <i>Medicine and Science in Sports and Exercise</i>, 42, S207.</p> <p>Dwyer, G.B., G. Moir, & M. Glaister (2009) What dictates the self selection of recovery time in multiple repeat sprint training? <i>Medicine and Science in Sports and Exercise</i>, 41, S305.</p> <p>Glaister, M., C.Witmer, D.W. Clarke, J.J. Guers, J.L. Heller, & G.Moir (2009) Familiarization, reliability and evaluation of a multiple sprint running test using self-selected recovery periods. <i>Medicine and Science in Sports and Exercise</i>, 41, S387.</p> <p>Moir, G.L., D. Ochnich, C. Witmer, & S. Davis (2009) The effects of exercise order on power output and mechanical work during power cleans. <i>Medicine and Science in Sports and Exercise</i>, 41, S294.</p> <p>Witmer, C.A., D. Mergy, G. Moir & S. Davis (2009) Acute effects of manipulating volume and load of back squats on countermovement vertical jump performance. <i>Medicine and Science in Sports and Exercise</i>, 41, S295.</p> <p>Moir, G.L., A. Garcia, & G.B. Dwyer (2008) Reliability of kinetic and kinematic variables during vertical jump performance in men and women. <i>Medicine and Science in Sports and Exercise</i>, 40, S428.</p> <p>Moir, G., R. Sanders, C. Button, & M. Glaister (2007) The effect of resistance training on hip-knee continuous relative phase measures during accelerative sprinting. <i>Medicine and Science in Sports and Exercise</i>, 39, S480.</p> <p>Dalrymple, K., S.E. Davis, G.B. Dwyer, & G. Moir (2007) Effect of static and dynamic stretching on vertical jump performance in collegiate women volleyball players. <i>Medicine and Science in Sports and Exercise</i>, 39, S213.</p> <p>Glaister, M., M.H. Stone, A.M. Stewart, M.G. Hughes, & G. Moir (2006) The influence of endurance training on multiple sprint cycling performance. <i>Medicine and Science in Sports and Exercise</i>, 38, S487.</p>
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Conference
Contribution

- G.L. Moir** (2011) Foundation of speed, agility and power training. Presented at the 2011 Symposium for the School of Sport Coach of Taiwan. East Stroudsburg University, East Stroudsburg, PA. July 26.
- Guers, J.J., S.E. Davis, **G.L. Moir**, & C.A. Witmer (2011) Knee kinematics during anticipated and unanticipated cutting movements in male and female soccer players. Presented at the 58th annual meeting of the American College of Sports Medicine. Denver, CO. June 2.
- G.L. Moir**, B.R. Hartman, D.M. Cummings, & S.E. Davis (2011) Differences in eccentric and concentric power during squats performed in power, hypertrophy and strength workouts. Presented at the 58th annual meeting of the American College of Sports Medicine. Denver, CO. June 1.
- Witmer, C.A., L.M. Oberacker, **G.L. Moir**, S.E. Davis, & G.G. Haff. (2011) The effects of stable and unstable surface resistance training on performance of female soccer players. Presented at the 58th annual meeting of the American College of Sports Medicine. Denver, CO. June 3.
- Moir, G.L.**, M. Rhoades, C.A. Witmer, & S.E. Davis (2010) The effects of exercise order and load on power output and work during clean pulls. Presented at the 57th annual meeting of the American College of Sports Medicine. Baltimore, MD. June 3.
- Witmer, C.A., S.E. Davis, & **G.L. Moir** (2010) The acute effects of back squats on mechanical variables during countermovement vertical jump performance in women. Presented at the 57th annual meeting of the American College of Sports Medicine. Baltimore, MD. June 2.
- Dwyer, G.B., **G. Moir**, & M. Glaister (2009) What dictates the self selection of recovery time in multiple repeat sprint training? Presented at the 56th annual meeting of the American College of Sports Medicine. Seattle, WA. May 27.
- Glaister, M., C. Witmer, D.W. Clarke, J.J. Guers, J.L. Heller, & **G. Moir** (2009) Familiarization, reliability and evaluation of a multiple sprint running test using self-selected recovery periods. Presented at the 56th annual meeting of the American College of Sports Medicine. Seattle, WA. May 28.
- Guers, J., **G. Moir**, S.E. Davis, & C.A. Witmer (2009) Comparison of knee kinematics in male and female soccer players. Presented at the 4th annual Coaches and Sport Science College. East Tennessee State University, Johnson City, TN. December 18.
- Sole, C., **G. Moir**, S.E. Davis, & C.A. Witmer (2009) Kinematic analysis of the effects of heavy resistance exercise on short term agility performance. Presented at the 4th annual Coaches and Sport Science College. East Tennessee State University, Johnson City, TN. December 18.
- Moir, G.L.**, D. Ochnich, C. Witmer, & S. Davis (2009) The effects of exercise order on power output and mechanical work during power cleans. Presented at the 56th annual meeting of the American College of Sports Medicine. Seattle, WA. May 27.
- Witmer, C.A., D. Mergy, **G. Moir** & S. Davis (2009) Acute effects of manipulating volume and load of back squats on countermovement vertical jump performance. Presented at the 56th annual meeting of the American College of Sports Medicine. Seattle, WA. May 27.
- Moir, G.L.**, A. Garcia, & G.B. Dwyer (2008) Inter-session reliability of kinetic and kinematic variables during vertical jump performance in men and women. Presented at the 55th annual meeting of the American College of Sports Medicine. Indianapolis, IN. May 30.
- Moir, G.** & M. Dunstane (2007) The acute effects of heavy back squats on vertical jump performance in men and women. Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine. Harrisburg, PA. November 3.
- Moir, G.**, R. Sanders, C. Button, & M. Glaister (2007) The effect of resistance training on hip-knee continuous relative phase measures during accelerative sprinting. Presented at the 54th annual meeting of the American College of Sports Medicine. New Orleans, LA. June 2.
- Dalrymple, K., S.E. Davis, G.B. Dwyer, & **G. Moir** (2007) Effect of static and dynamic stretching on vertical jump performance in collegiate women volleyball players. Presented at the 54th annual meeting of the American College of Sports Medicine. New Orleans, LA. May 30.



<p>Conference Contribution</p>	<p>Glaister, M., M.H. Stone, A.M. Stewart, M.G. Hughes, & G.L. Moir (2006) The influence of endurance training on multiple sprint cycling performance. Presented at the 53rd annual meeting of the American College of Sports Medicine. Denver, CO. June 2.</p> <p>Gordon, B., G. Moir, S.E. Davis, C. Witmer, & D. Cummings (2006) The relationship of strength, power, and flexibility to club head speed in male golfers. Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine. Harrisburg, PA. November 11.</p> <p>Moir, G. & M. Yetter (2006) The acute effects of heavy back squats on 40 m sprinting speed. Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine. Harrisburg, PA. November 11.</p> <p>Dalrymple, K., S.E. Davis, G.B. Dwyer, & G. Moir (2006) Effect of static and dynamic stretching on vertical jump performance in collegiate women volleyball players. Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine. Harrisburg, PA. November 10.</p> <p>Moir, G. & R. Sanders (2003) Comparing movement patterns within and between individuals. Workshop presented at The British Association of Sport and Exercise Sciences annual conference. Sheffield, England. September 5.</p> <p>Fairweather, M. & G. Moir (2003) Converting strength gains to speed gains. Presented at the Strength and Conditioning Symposium '03. Largs, Scotland. May 18.</p>
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Li-Ming Chiang, Profile

Name	Li-Ming Chiang	Gender	Male	
Nationality	Taiwan	Birthday	1978, 10,17	
Title Department	Assistant Professor, Movement Activities and Lifetime Fitness, East Stroudsburg University			
Education	Ed.D. University of Northern Iowa			
Experience	<p>2010 Assistant Professor, Department of Movement Activities and Lifetime Fitness, East Stroudsburg University, PA, USA</p> <p>2010 Instructor, United Sport and Athletes, Inc., Waterloo, IA, USA</p> <p>2009 Professional & Scientific, School of Health, Physical Education, and Leisure Services, University of Northern Iowa, IA, USA</p> <p>2007-2009 Graduate Assistant, Computer Technology, University of Northern Iowa, IA, USA</p> <p>2004-2006 Assistant Manager and Researcher, Sports Science Division, National Sports Training Center, Sports Affairs Council, Executive Yuan, Kaohsiung, Taiwan</p> <p>2003-2004 Research Assistant for National Science Research Project, Taipei, Taiwan</p>			
Specialty	<p>Exercise Immunology</p> <p>Leisure Management</p> <p>Sports Performance</p>			
License	<p>2010 Blood Borne Pathogen, American Red Cross, United States</p> <p>2005 Certified Anti-Doping Examiner, Australian Sports Drug Agency, World Anti-Doping Agency (WADA)</p> <p>2003 C Class Coach & Referee National Tug and War Association</p> <p>2001 Certificate of Physical Fitness Exam Officer, National Sports Council, Executive Yuan, Yang-Ming Exercise Health Science Institute, Taiwan</p> <p>2001 C Class Coach & Referee, National Chinese Martial Arts Federation, Taiwan</p> <p>2000 Certificate of Chinese Kuoshu Sport-injury Rehabilitation for department of Health, and Executive Yuan, Taiwan</p>			

Honor	<p>2009 Outstanding Doctoral Student Award, Division of Leisure, Youth and Human Services, University of Northern Iowa, Cedar Falls, IA, USA</p> <p>2008 Awards of Meritorious Leadership, Division of Leisure, Youth and Human Services, University of Northern Iowa, Cedar Falls, IA, USA</p> <p>2004 Outstanding Scholarship Award, College of Education, Graduate School of Sport Coaching Science, Chinese Culture University, Taipei, Taiwan</p> <p>2003 Outstanding Performance Award, College of Education, Graduate School of Sport Coaching Science, Chinese Culture University, Taipei, Taiwan</p> <p>2002 Outstanding Performance Award, College of Education, Graduate School of Sport Coaching Science, Chinese Culture University, Taipei, Taiwan</p>
Research	<p>Edginton, C., Chin, M. K., Chiang, L. M., & Chiang J. (2011). Global forum for physical education pedagogy 2010: health and physical education pedagogy in the 21st century – a statement of consensus. <i>Sports Research Review, 114</i>, 1-4. (In Chinese)</p> <p>Tan, J. G., Chiang, L. M., & Edginton, C. R. (2011). Risk-taking propensity and its relationship to achievement motivation among municipal park and recreation directors. <i>Journal of Park and Recreation Administration</i>. Under Review.</p> <p>Chiang, L. M., Casebolt, K., Tan, J. G., Lankford, S. V., & Wilson, J. (2011). A pilot study of an instrument measuring leisure satisfaction and life satisfaction in an outpatient leisure activity program. <i>Therapeutic Recreation Journal, 10LV</i>, 3, 231-252.</p> <p>Chiang, L. M., Cebula, E., & Lankford, S. V. (2009). Benefits of Tai Chi Chuan for Older Adults: Literature Review. <i>World Leisure Journal, 51</i>(3), 184-196.</p> <p>Chiang, L. M., Chen, Y. J., Chiang, J., Chen, Y. Y., & Liao, H. F. (2007). Modulation of dendritic cells by endurance training. <i>International Journal of Sports Medicine, 28</i>, 1- 6.</p> <p>Liao, H. F., Chiang, L. M., Yen, C. C., Chen, Y. Y., Zhuang, R. R., & Lai, L. Y. (2004). Effect of periodized exercise training and active recovery program on anti-tumor activity and development of dendritic cells. <i>Journal of Sports Medicine and Physical Fitness, 46</i>(2), 307-314.</p> <p>Chen, Y. S., Kuo, S., Chuang, J. J. Chiang, L. M. (2004). The traditional assist implements strength training in Chinese Shuajiao. <i>The Journal of Chinese Culture Physical Education.2</i>, 149-159. (In Chinese)</p> <p>Chiang, L. M., & Liao, H. F. (2004). New field in exercise science : Moderation in exercise training immunology. <i>Journal of College Physical Education, 95</i>-103. (In Chinese)</p>

十二、美國肌力與體能訓練協會「肌力與體能訓練員」(NSCA-CSCS and NSCA-CPT)證照檢定考試相關資料

近十餘年來，由於肌肉神經生理學、運動生理生化、分子生物學及運動生物力學的研究，使得肌力與體能訓練的觀念與方法有了突破性的進展，例如：專項運動競賽特性因規則的修訂而大幅改變，如何運用最新的觀念有效的執行運動員肌力與體能訓練？如何從事最適當的離心收縮訓練而避免肌肉的受傷？如何依專項運動特性及個人差異性，將最大肌力轉移為最大爆發力...等，以達成運動表現高峰，都值得我們去瞭解與學習。

「美國肌力與體能訓練協會」(National Strength and Conditioning Association, NSCA) 是全球運動訓練界最具公信力的運動訓練專業團體，其專業證照檢定考試頗受全世界職業運動及業餘競技運動界的重視與肯定。我國各專項運動教練在技術及戰術的訓練已有相當的水準，但在肌力與體能訓練的專業知能上仍有提升與改進的空間。為使我國肌力與體能訓練水準與世界同步，文大體育室、體育學系、運動教練碩博士班、國術系暨中華民國運動教練協會，獲得美國肌力與體能訓練協會的支持與授權，第二度在台辦理肌力與體能訓練證照的研習與考試，目的在於協助有心致力於肌力與體能訓練者自我突破，增進專業知能，提升訓練績效，超越巔峰，締造競賽佳績。另一方面，本次研習與檢定也增加個人肌力體能教練專業證照，以因應現代工商社會，各階層人員在忙碌的職場中，追求運動健康的需求。

1. NSCA 檢定與考試證照名稱：



肌力與體能訓練員專業證照

Certificated Strength and Conditioning Specialist, CSCS[®]

個人訓練教練專業證照

Certificated Personal Trainer, CPT

2. 擁有 CSCS 或 CPT 專業證照認證的效益：

取得這項證照能使我國運動人才，在運動訓練及體能指導領域中，具有專家級的能力。肌力及體能訓練專業使其擁有更強的競爭力，提高被聘用、發揮才能的機會。在職場生涯發展上，專業能力受肯定與敬重。

3. 取得 CSCS 或 CPT 等於取得國際的認可：

「美國國家肌力與體能訓練協會授證委員會」(NSCA Certification Commission) 為全球首位通過美國國家標準局 (American National Standard Institute, ANSI) 與 ISO 9001:2000 品質管理系統驗證的體能相關從業人員授證單位。同時，CSCS[®] 專業證照獲得 ANSI/ISO/IEC 17024 人員驗證系統及美國國家認證委員會 (National Commission for Certifying Agencies, NCCA) 的認可。

4. CSCS[®] 專業證照的實證應用性：

在 2003-2004 年賽季中，95% 美國 NCAA 第一級的冠軍運動團隊至少擁有一名合格的 CSCS[®] 證照人員服務於該運動團隊中擔任肌力及體能訓練工作。主要由於擁有合格的 CSCS[®]，能提供運動團隊：

(1) 給予運動員安全而高效率的訓練以及體能指導。

- (2) 提升運動員心理、技術與體能等全方面的表現。
- (3) 降低運動員運動傷害的潛在風險。
- (4) 協助運動員擬訂踏實的肌力與體能訓練計畫。
- (5) 減低運動訓練過程中的人為疏失。
- (6) 優質化肌力與體能訓練設施的管理效能。

5. CSCS[®] 專業證照的重要性：

由一份 2002 年所做的網路調查中發現，84%的合格 CSCS[®]相信，擁有該證照使他們在求職過程中比競爭對手擁有更有強的優勢，同時，也提高受聘用的機會。此外，藉由通過此一極具挑戰性與難度的認證考試，不僅能夠向社會大眾展現您在「肌力與體能訓練」領域中的超強專業能力且具備合格的身份來從事運動訓練指導的工作，更能夠在該產業中獲得比同業更高度的肯定、信譽以及競爭優勢。

此外，一份針對 770 名聘用 CSCS[®]的美國大專院校體育主管的調查顯示，有超過 90%的主管認為聘用具有 CSCS[®]證照的人員，改善了該校運動員及運動代表隊的表現，進而提升學校聲望同時，主管們深信通過 CSCS[®]認證合格的訓練員，在運動科學、運動訓練、運動營養及運動表現提升等方面均具備高度的專業能力，並能夠供不同項目運動員最先進的肌力與體能訓練的知識與協助。

在運動訓練領域中，CSCS[®]認證考試被公認為困難度最高、授證程序最為嚴謹的考試。另外，88%的主管指出，NSCA 所授予的專業證照在體適能業界中，是最深受歡迎與喜愛的。下列的數據更說明了，體育主管們對 NSCA 照證的肯定：

- (1) 超過 85%聘用 CSCS[®]的主管認為，擁有 NSCA 所授予的專業證照將大大提高了求職者受聘的機會。
- (2) 超過 80%聘用 CSCS[®]的主管認為，擁有 NSCA 專業證照的員工在職場上擁有更高的升遷機會。
- (3) 93%的主管指出，聘用 CSCS[®]能夠有效地改善運動員及運動團隊的競技表現。

十一、NSCA 肌力與體能訓練員 (CSCS) 及個人訓練教練專業證照(CPT)證照考試說明

(一)肌力與體能訓練員 (CSCS)：請參考網站 <http://www.nsca-cc.org/cscs/>

(二)個人訓練教練專業證照(CPT)：請參考網站 <http://www.nsca-cc.org/nsca-cpt/>

最後，「NSCA 授證委員會」前執行長 Thomas Baechle 博士指出：「擁有 NSCA 專業證照的專業人員可以很驕傲地向大家表明他們擁有最嚴謹及高專業性的證照。同時，此專業證照將提升他們受聘用的機會並幫助他們在未來職場上的成就。」

2012 年肌力與體能訓練研討會實施計畫

報名表 Registration Form

中文姓名		英文 姓名	姓： 名：	性別	
學 歷 (中英文)	大學： 研究所：				
繳驗證件 ID	<input type="checkbox"/> 大學以上畢業證書正、影本 <input type="checkbox"/> 成績單影本 <input type="checkbox"/> 心肺復甦術證書正、影本 ※ 正本檢覆後退還				
服務單位 Department		職稱 Title			
會員資格 Membership	<input type="checkbox"/> 中華民國教練協會 <input type="checkbox"/> 台灣運動生理暨體能學會	會員 證號		有效 日期	
通訊地址 Address					
e-mail		電話	公： 行動：	宅：	
二吋照片兩張					
報名方式	<p>1.報名費：新台幣9,000元整(費用含參與研習會會議資料與午餐)</p> <p>2.報 名：</p> <p>(1)親自報名：中國文化大學體育館五樓體育館502室，每日09:00am- 4:30 pm。</p> <p>(2)通信報名：請於2011年12月31日(星期六)前(以郵戳為憑)填妥報名表，報名費匯票書寫抬頭「中國文化大學」寄:台北市士林區華岡路55號體育館502室林少麗小姐收。</p> <p>(3)優待：凡中國文化大學學生、中華民國運動教練協會及台灣生理暨體能學會會員請出具有效學生證或會員證明影本，可享九折優待(即新台幣8,100元整)。</p>				

※除[會員資格]欄外，其餘每欄必填(含中英文標準名稱)。



「肌力與體能訓練員專業證照(Certificated Strength and Conditioning Specialist(CSCS))」及「個人訓練教練專業證照(Certificated Personal Trainer(CPT))」證照檢定考試

一、目的：推動我國運動團隊肌力及體能訓練專業化，培養國際級肌力及體能教練人才，促進運動健康品質，提升運動競賽績效。

二、主辦單位：美國肌力與體能訓練協會(National Strength and Conditioning Association, NSCA)

三、承辦單位：中華民國運動教練協會、台灣運生理暨體能學會、中國文化大學體育室

四、協辦單位：中國文化大學體育學系、運動教練碩博士班、國術系

五、證照考試日期：2011年1月17日(星期二)

六、考試時間：

(一) CPT 證照考試：08:30-12:10

報到：08：30

考試：上午 09:00-12:10 (10 分鐘答題說明、180 分鐘作答)

(二) CSCS 證照考試：13:00-

第一節考試：科學的基礎(Scientific Foundations)

報到：13：00

考試：上午 13:30-15:10 (10 分鐘答題說明、90 分鐘作答)

第二節考試：實用及應用(Practical/Applied)

報到：15:30

考試：16：00- 18：40(10 分鐘答題說明、150 分鐘作答)

七、考試地點：中國文化大學體育館五樓 507、508 教室

八、報名資格：

(一) CSCS 證照考試：

1. 我國或美國教育部認可之大學畢業證書。
2. 且具備生物力學觀念(biomechanical concepts)、訓練適應(training adaptations)、運動生理學(exercise physiology)、訓練計畫設計以及最近曾發表有關特殊族群相關論述者。
3. 持有效心肺復甦術(CPR)證照或 AED 證照者，正本驗畢發還，副本乙份存證。

(二) CPT 證照考試：

1. 凡具備以下專業師證照者，包括：矯正(orthopedic)、心血管(cardiovascular)與其他

- 慢性情況(chronic conditions)等。
2. 且具備生物力學觀念(biomechanical concepts)、訓練適應(training adaptations)、運動生理學(exercise physiology)、訓練計畫設計以及最近曾發表有關特殊族群相關論述者。
 3. 報考「NSCA 個人教練」證照必須 18 歲以上，且具高中以上學歷或同等學力資格者。
 4. 持有效心肺復甦術(CPR)證照或 AED 證照者，正本驗畢發還，副本乙份存證。

※上述 CPR 或 AED 證照必須為以下各單位所發證：

- (1) 美國心臟協會 American Heart Association (Heartsaver)。
- (2) 紅十字會 Red Cross (including Blended Learning First Aid/CPR/AED Program)。
- (3) 國家安全委員會(National Safety Council)。
- (4) 聖約翰急救(St. John Ambulance)。

※NSCA 授證單位在接獲有效 CPR 或 AED 證照前將不會公布 NSCA-CPT 考試成績。

※由於我國國情不同，以上各項資格若有爭議時，以 NSCA 網站之 NSCA

CERTIFICATION 公布的要項為準。(請參照 <http://www.nasca-cc.org/nsca-cpt/>)

九、報名方式:

(一)報名費：

1. CSCS證照考試：新台幣壹萬陸仟玖佰元整(16,900元)(費用不含參與研習會)
2. CPT 證照考試：新台幣壹萬肆仟陸佰元整(14,600元)(費用不含參與研習會)

(二)報名辦法：報名時間自即日起至2012年11月20日止(以郵戳為憑)

1. 親自報名：中國文化大學體育館五樓體育館502室：09:00am- 4:30 pm
2. 通信報名：請於 2011 年 11 月 20 日(星期日)前(以郵戳為憑)填妥報名表，報名費匯票，書寫抬頭「中國文化大學」寄:台北市士林區華岡路 55 號體育館五樓 502 室林少麗小姐或詹美足小姐收。
3. 電 洽: (02) 2861-0511 轉 16501-16504 由專人為您服務，或上中國文化大學體育館網站:<http://www2.pccu.edu.tw/CUFB/index.htm>。

十、美國肌力與體能訓練協會「肌力與體能訓練員」(NSCA-CSCS and NSCA-CPT)證照檢定考試相關資料

近十餘年來，由於肌肉神經生理學、運動生理生化、分子生物學及運動生物力學的研究，使得肌力與體能訓練的觀念與方法有了突破性的進展，例如：專項運動競賽特性因規則的修訂而大幅改變，如何運用最新的觀念有效的執行運動員肌力與體能訓練？如何從事最適當的離心收縮訓練而避免肌肉的受傷？如何依專項運動特性及個人差異性，將最大肌力轉移為最大爆發力...等，以達成運動表現高峰，都值得我們去瞭解與學習。

「美國肌力與體能訓練協會」(National Strength and Conditioning Association, NSCA) 是全球運動訓練界最具公信力的運動訓練專業團體，其專業證照檢定考試頗受全世界職業運動及業餘競技運動界的重視與肯定。我國各專項運動教練在技術及戰術的訓練已有相當的水準，但在肌力與體能訓練的專業知能上仍有提升與改進的空間。為使我國肌力與體能訓練水準與世界同步，文大體育室、體育學系、運動教練碩博士班、國術系暨中華民國運動教練協會，獲得美國肌力與體能訓練協會的支持與授權，第二度在台辦理肌力與體能訓練證照的研習與考試，目的在於協助有心致力於肌力與體能訓練者自我突破，增進專業知能，提升訓練績效，超越巔峰，締造競賽佳績。另一方面，本次研習與檢定也增加個人肌力體能教練專業證照，以因應現代工商社會，各階層人員在忙碌的職場中，追求運動健康的需求。

1. NSCA 檢定與考試證照名稱：



肌力與體能訓練員專業證照

Certificated Strength and Conditioning Specialist, CSCS®

個人訓練教練專業證照

Certificated Personal Trainer, CPT

2. 擁有 CSCS 或 CPT 專業證照認證的效益：

取得這這此項證照能使我國運動人才，在運動訓練及體能指導領域中，具有專家級的能力。肌力及體能訓練專業使其擁有更強的競爭力，提高被聘用、發揮才能的機會。在職場生涯發展上，專業能力受肯定與敬重。

3. 取得 CSCS 或 CPT 等於取得國際的認可：

「美國國家肌力與體能訓練協會授證委員會」(NSCA Certification Commission) 為全球首位通過美國國家標準局 (American National Standard Institute, ANSI) 與 ISO 9001:2000 品質管理系統驗證的體能相關從業人員授證單位。同時，CSCS® 專業證照獲得 ANSI/ISO/IEC 17024 人員驗證系統及美國國家認證委員會 (National Commission for Certifying Agencies, NCCA) 的認可。

4. CSCS® 專業證照的實證應用性：

在 2003-2004 年賽季中，95% 美國 NCAA 第一級的冠軍運動團隊至少擁有一名合格的 CSCS® 證照人員服務於該運動團隊中擔任肌力及體能訓練工作。主要由於擁有合格的

CSCS[®]，能提供運動團隊：

- (1) 給予運動員安全而高效率的訓練以及體能指導。
- (2) 提升運動員心理、技術與體能等全方面的表現。
- (3) 降低運動員運動傷害的潛在風險。
- (4) 協助運動員擬訂踏實的肌力與體能訓練計畫。
- (5) 減低運動訓練過程中的人為疏失。
- (6) 優質化肌力與體能訓練設施的管理效能。

5. CSCS[®]專業證照的重要性：

由一份 2002 年所做的網路調查中發現，84%的合格 CSCS[®]相信，擁有該證照使他們在求職過程中比競爭對手擁有更有強的優勢，同時，也提高受聘用的機會。此外，藉由通過此一極具挑戰性與難度的認證考試，不僅能夠向社會大眾展現您在「肌力與體能訓練」領域中的超強專業能力且具備合格的身份來從事運動訓練指導的工作，更能夠在該產業中獲得比同業更高度的肯定、信譽以及競爭優勢。

此外，一份針對 770 名聘用 CSCS[®]的美國大專院校體育主管的調查顯示，有超過 90%的主管認為聘用具有 CSCS[®]證照的人員，改善了該校運動員及運動代表隊的表現，進而提升學校聲望同時，主管們深信通過 CSCS[®]認證合格的訓練員，在運動科學、運動訓練、運動營養及運動表現提升等方面均具備高度的專業能力，並能夠供不同項目運動員最先進的肌力與體能訓練的知識與協助。

在運動訓練領域中，CSCS[®]認證考試被公認為困難度最高、授證程序最為嚴謹的考試。另外，88%的主管指出，NSCA 所授予的專業證照在體適能業界中，是最深受歡迎與喜愛的。下列的數據更說明了，體育主管們對 NSCA 照證的肯定：

- (1) 超過 85%聘用 CSCS[®]的主管認為，擁有 NSCA 所授予的專業證照將大大提高了求職者受聘的機會。
- (2) 超過 80%聘用 CSCS[®]的主管認為，擁有 NSCA 專業證照的員工在職場上擁有更高的升遷機會。
- (3) 93%的主管指出，聘用 CSCS[®]能夠有效地改善運動員及運動團隊的競技表現。

十一、NSCA 肌力與體能訓練員 (CSCS) 及個人訓練教練專業證照(CPT)證照考試說明

(一)肌力與體能訓練員 (CSCS)：請參考網站 <http://www.nasca-cc.org/cscs/>

(二)個人訓練教練專業證照(CPT)：請參考網站 <http://www.nasca-cc.org/nsca-cpt/>

最後，「NSCA 授證委員會」前執行長 Thomas Baechle 博士指出：「擁有 NSCA 專業證照的專業人員可以很驕傲地向大家表明他們擁有最嚴謹及高專業性的證照。同時，此專業證照將提升他們受聘用的機會並幫助他們在未來職場上的成就。」

「肌力與體能訓練員專業證照(Certificated Strength and Conditioning Specialist(CSCS))」及「個人訓練教練專業證照(Certificated Personal Trainer(CPT))」證照檢定考試

報名表 Registration Form

中文姓名	英文姓名	姓： 名：	性別
報考證照	<input type="checkbox"/> CSCS 證照考試 <input type="checkbox"/> CPT 證照考試		二吋相片
學歷 (中英文)	大學： 研究所：	畢/肄：年 月 畢/肄 年 月	
繳驗證件 ID	<input type="checkbox"/> 大學以上畢業證書正、影本 <input type="checkbox"/> 成績單影本 <input type="checkbox"/> 有效心肺復甦術(CPR)證照或 AED 證照者正、影本 <input type="checkbox"/> 具備生物力學觀念(biomechanical concepts)、訓練適應(training adaptations)、運動生理學(exercise physiology)、訓練計畫設計以及最近曾發表有關特殊族群相關論述 ※ 正本檢覆後退還		
服務單位 Department		職稱 Title	
會員資格 Membership	<input type="checkbox"/> NSCA <input type="checkbox"/> 中華民國教練協會 <input type="checkbox"/> 台灣運動生理暨體能學會	會員 證號	有效 日期
通訊地址 Address	□□□□□□		
e-mail	電話	公： 行動：	宅：
曾參加 NSCA 證照考試	證照：_____ 考照日期：_____年___月___日 考試部份： <input type="checkbox"/> 科學的基礎(Scientific) <input type="checkbox"/> 實用及應用(Practical) 機構：_____ 地址：_____		
報名方式	1.報名費： (1) CSCS證照考試新台幣12,000元整(費用不含參與研習會) (2) CPT 證照考試新台幣11,000元整(費用不含參與研習會) 2.報 名：即日起至2011年11月20日(日)止 (1)親自報名：中國文化大學體育館五樓體育館502室，每日09:00am- 4:30 pm。 (2)通信報名：請於 2011 年 11 月 20 日(星期日)前(以郵戳為憑)填妥報名表，報名費匯票書寫抬頭「中國文化大學」寄:台北市士林區華岡路 55 號體育館 502 室林少麗小姐或詹美足小姐收。		

※除[會員資格]欄外，其餘每欄必填(含中英文標準名稱)。

有關 NSCA-CSCS 證照

實用範圍

「NSCA 肌力與體能教練」為肌力與體能訓練專業人員，運用科學知識，培養運動員，以提高運動成績為主要目標。他們進行運動專項評量，設計和實施安全和有效的肌力和體能訓練方案，依據運動員的需求奉獻其獨立和獨特的專業知識與服務，並提供營養和預防受傷的指導意見。

歷史沿革

「NSCA 肌力與體能教練」(CSCS) 創立於 1985 年，以擁有的知識和技能，於運動團隊中，設計和實施安全且有效的肌力與體能訓練方案，服務運動員。認證計畫係為鼓勵從業者有更高層次的能力，以及提高獲得 CSCS 授證的「肌力與體能教練」執行肌力及體能訓練方案的品質。

到目前為止，已有超過 21,000 名獲得授證的殊榮，他們都是學術機構和專業領域的專業人士。這個多元化的群體，包括肌力及體能教練、運動傷害防護員、物理治療師、個人訓練教練、醫生、按摩師、研究人員和教育工作者。CSCS 是自 1993 年起，唯一經全國認證委員會(National Commission for Certifying Agencies(NCCA))認可的國家級肌力訓練和體能認證。

報名資格

1. 我國或美國教育部認可之大學畢業證書。
2. 且具備生物力學觀念(biomechanical concepts)、訓練適應(training adaptations)、運動生理學(exercise physiology)、訓練計畫設計以及最近曾發表有關特殊族群相關論述者。
3. 持有效心肺復甦術(CPR)證照或 AED 證照者，正本驗畢發還，副本乙份存證。

上述 CPR 或 AED 證照必須為以下各單位所發證：

- (1) 美國心臟協會 American Heart Association (Heart saver)。
- (2) 紅十字會 Red Cross (including Blended Learning First Aid/CPR/AED Program)。
- (3) 國家安全委員會(National Safety Council)。
- (4) 聖約翰急救(St. John Ambulance)。

※ NSCA 授證單位在接獲有效學力證件或 CPR 或 AED 證照前將不會公佈 NSCA-CSCS 考試成績。

※由於我國國情不同，以上各項資格若有爭議時，以 NSCA 網站之 NSCA CERTIFICATION 公佈的要項為準。(請參照 <http://www.nsca-cc.org/cscs/>)

有關 NSCA-CPT 證照

實用範圍

「NSCA 個人教練」為健康體適能專業人員，進行個別化的指導、評量、鼓勵、教育與訓練，以強化個人健康體適能水準。「NSCA 個人教練」透過設計安全而有效的運動計畫，提供指導以協助顧客達成個人健康體適能的目標，並在緊急的情況下能夠做適當的反應以求自保。NSCA「個人教練」依據客戶的需求，貢獻適切的知能與專業服務。

歷史沿革

「NSCA 個人教練」證照的授證創立於 1993 年，提供專門為執行客戶一對一教導與訓練的證照，其適用環境包括：健康體適能俱樂部、健康中心、學校和客戶住家等。「NSCA 個人教練」證照考試包括有關如何成功而有效的指導經常活動者與不活動者以及個人特殊需求者，以幫助他們追求個人運動健康的**知識(knowledge)與技術(skills)**。

到目前為止，已有 9600 位健康體適能專業人員獲得此項資格，「NSCA 個人教練」為美國 NCAA 國家委員會授證機構(National Commission for Certifying Agencies(NCAA))，自 1996 年起制定檢定標準，為美國及國際公認最具權威與信譽的證照。

報名資格

1. 凡具備以下專業師證照者，包括:矯正(orthopedic)、心血管(cardiovascular)與其他慢性情況(chronic conditions)等。
2. 且具備生物力學觀念(biomechanical concepts)、訓練適應(training adaptations)、運動生理學(exercise physiology)、訓練計畫設計以及最近曾發表有關特殊族群相關論述者。
3. 報考「NSCA 個人教練」證照必須 18 歲以上，且具高中以上學歷或同等學力資格者。
4. 持有效心肺復甦術(CPR)證照或 AED 證照者，正本驗畢發還，副本乙份存證。
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※由於我國國情不同，以上各項資格若有爭議時，以 NSCA 網站之 NSCA CERTIFICATION 公布的要項為準。(請參照 <http://www.nasca-cc.org/nsca-cpt/>)