

## 黃崇儒

現職：台北市立大學運動教育研究所教授

兼任所長及轉休碩士學位學程主任 (2013~)

研究焦點：運動員生涯規劃、心理堅韌性、表現  
促進

教授科目：運動心理學專題、教練教育學  
專題、體育研究法

電話：(02) 28718288 轉 5901

E-MAIL：crhwang@utapei.edu.tw



## 學 歷

台灣師範大學體育學系博士 (1998~2004)

台灣師範大學體育學系碩士 (1992~1994)

台灣師範大學體育學系學士 (1987~1991)

## 專業資歷

台北體育學院育成中心主任 (2011~2013)

美國西維吉尼亞大學體育學院訪問學者 (2007 ~ 2009)

台北體育學院球類系教授 (2003 ~ 2010)

台北體育學院球類系副教授 (2000 ~ 2003)

台北體育學院球類系講師 (1997 ~ 2000)

中原大學體育室講師 (1996 ~ 1997)

空軍機械學校體育教官 (1994 ~ 1996)

台北市中正國中體育教師 (1991~1996)

## 競技運動資歷

北體女籃助理教練 (1997 ~ 2007)

2001年北京世界大學運動會女籃助理教練

中原大學女子籃球隊教練 (1996 ~ 1997)

台北市中正國中田徑、男生籃球教練 (1991~1992)

台灣師範大學甲組籃球校隊 (1987 ~ 1990)

### 專業組織服務

臺灣運動心理學會理事長 (2012 ~ 2013)

亞洲南太平洋運動心理學會理事 (ASPASP) (2011~2014)

國際應用運動心理學會 Graduate Program Committee (AASP) (2014 ~2016 )

臺灣運動心理學會副理事長 (2010 ~ 2011)

臺灣運動心理學會理事 (2006 ~ 2007)

臺灣運動心理學會副秘書長 (2001~2005)

### 學術期刊編輯與審查

Editorial Board, Journal of Sport Psychology in Action (AASP 官方期刊，2018 ~ 2020)

臺灣運動心理學報總主編 (2015~)

體育學報運動心理學領域編輯 (2009 ~ 2010)

中華體育運動心理學領域編輯 (2005 ~ 2007)

臺灣運動心理學報執行編輯 (2001~2005)

### 社區服務

2012 年倫敦、2016 年里約奧運運科小組委員

2010 年廣州、2014 年仁川、2018 年雅加達亞運運科小組委員

2012-2017 年台北市競技運動選手訓練暨科學輔助計畫心理組共同負責人

2010 年台北市青少年運動員希望工程(體育班心理輔導計畫)執行秘書

2005 年全國運動會台北市代表隊副總教練

台北市中學體育科教學訪視委員

擔任國內各種教練講習會運動心理學課程講師

### 近五年國外期刊發表著作

- <sup>+</sup>Li, D., <sup>+</sup>**Huang, C. J.**, Liu, S. C., Chang, K. H., & Hung, T. M. (in press). Exercise type relates to inhibitory and error processing functions in older adults. *Aging, Neuropsychology, and Cognition*.
- Hsieh, S. S., Chang, Y. K., **Huang, C. J.**, Wu, C. T., & Hung, T. M. (2018). Acute exercise facilitates the N450 inhibition marker and P3 attention marker during Stroop test in young and older adults. *Journal of Clinical Medicine*.
- Huang, C. J.**, Huang, C. W., Hung, C. L., Tsai, Y. J., Chang, Y. K., Wu, C. T., & Hung, T. M. (2018). Effects of acute exercise on resting EEG in children with ADHD. *Child Psychiatry and Human Development*, 49(6), 993-1002.
- Hsieh, S. S., Fung, D., Tsai, H., C. H., Chang, Y. K., **Huang, C. J.**, & Hung, T. M. (2018). Differences in working memory as a function of physical activity in children. *Neuropsychology*, 32(7), 797-808.
- Hsieh, S. S., Lin, C. C., Chang, Y. K., **Huang, C. J.**, & Hung, T. M. (2017). Effects of childhood gymnastics program on spatial working memory. *Medicine & Science in Sports & Exercise*, 49(12), 2537-2547.
- Cheng, M.Y., Wang, K. P., Hung, C. L., Tu, Y. L., **Huang, C. J.**, Koester, D., Schack, T., & Hung, T. M. (2017). Higher power of sensorimotor rhythm associated with better performance in skilled air-pistol shooters. *Psychology of Sport and Exercise*, 32, 47-53.
- <sup>+</sup>Chueh, T. Y., <sup>+</sup>**Huang, C. J.**, Hsieh S. S., Chen, K. F., Chang, Y. K., & Hung, T.M. (2017). Sports training enhances visuo-spatial cognition regardless of open-closed typology. *PeerJ*, 5:e3336.
- Chou, C. C., & <sup>\*</sup>**Huang, C. J.** (2017). Effects of an 8-week yoga program on sustained attention and discrimination function in children with attention deficit hyperactivity disorder. *PeerJ*, 5:e2883.
- Hung, C. L., **Huang, C. J.**, Tsai, Y. J., Chang, Y. K., & Hung, T. M. (2016). Neuroelectric and behavioral effects of acute exercise on task switching in children with attention-deficit/hyperactivity disorder. *Frontiers in Psychology*, 7:1589.
- Huang, C. J.**, Chou, C. C., & Hung, T. M. (2016). College experiences and career barriers among semi-professional student-athletes: The influences of athletic identity and career self-efficacy. *Career Development International*, 21(6), 571-586.
- Tsai, Y. J., Hung, C. L., Tsai, C. L., Chang, Y. K., **Huang, C. J.**, & Hung, T.M. (2016). The relationship between physical fitness and inhibitory ability in children with attention deficit

- hyperactivity disorder: An event-related potential study. *Psychology of Sport and Exercise*, 31, 149-157.
- Cheng, M. Y., **Huang, C. J.**, Chang, Y. K., Koester, D., Schack, T., & Hung, T.M. (2015). Sensorimotor rhythm neurofeedback enhance golf putting performance. *Journal of Sport & Exercise Psychology*, 37(6), 626-636.
- Cheng, M.Y., Hung, C. L., **Huang, C. J.**, Chang, Y. K., Lo, L. C., Shen, C., & Hung, T. M. (2015). Expert-novice differences in SMR activity during dart throwing. *Biological Psychology*, 110, 212-218.
- Chou, C. C., Huang, M. Y., **\*Huang, C. J.**, Lu, F. J. H., & Tu, H. Y. (2015). The mediating role of critical thinking on motivation and peer interaction for motor skill performance. *International Journal of Sport Psychology*, 46(5), 391-408.
- Chuang, L. Y., Hung, H. Y., **Huang, C. J.**, Chang, Y. K., & Hung, T. M. (2015). A three-month-intervention of Dance Dance Revolution improves interference control in elderly females: A preliminary investigation. *Experimental Brain Research*, 233(4), 1181-1188.
- Chuang, L. Y., **Huang, C. J.**, & Hung, T. M. (2015). Effects of attentional training on visual attention to emotional stimuli in archers: A preliminary investigation. *International Journal of Psychophysiology*, 98(3), 448-454.
- Chuang, L. Y., **\*Huang, C. J.**, & Hung, T. M. (2015). Competitive trait anxiety and patterns of attentional bias in archers. *International Journal of Sport Psychology*, 46(4), 337-347.
- Chuang, L. Y., Chang, Y. K., Tsai, Y. J., **\*Huang, C. J.**, & Hung, T. M. (2015). Effects of acute aerobic exercise on response preparation in a Go/No Go task in children with ADHD: An event-related potential study. *Journal of Sport and Health Science*, 4(1), 82-88.
- Huang, C. J.**, Huang, C. W., Tsai, Y. J., Tsai, C. L., Chang, Y. K., & Hung, T. M. (2017). A preliminary examination of aerobic exercise effects on resting EEG in children with ADHD. *Journal of Attention Disorders*, 21(11), 898-903. Published online 30 October, 2014. DOI: 10.1177/1087054714554611
- Huang, C. W., **Huang, C. J.**, Hung, C. L., Shih, C. H., & Hung, T. M. (2015). Physical fitness and resting EEG in children with attention deficit hyperactivity disorder: An exploratory study. *Journal of Psychophysiology*, 29(1), 26-32.
- Chang Y. K., Hung, C. L., **Huang, C. J.**, Hatfield, B. D., Hung, T. M. (2014). Effects of an aquatic exercise program on inhibitory control in children with ADHD: A preliminary study. *Archives of Clinical Neuropsychology*, 29(3), 217-223.

Kao, S. C., **Huang, C. J.**, & Hung, T. M. (2014). Neurofeedback training reduces frontal midline theta and improves putting performance in expert golfers. *Journal of Applied Sport Psychology*, 26(3), 271-286.

**Huang, C. J.**, Lin, P. C., Hung, C. L., Chang, Y. K., & Hung, T. M. (2014). Type of physical exercise and inhibitory function in older adults: An event-related potential study. *Psychology of Sport and Exercise*, 15(2), 205-211.

### 近五年國內期刊發表著作

黃崇儒、洪聰敏 (2017)。以跨理論模式探討大學運動員的生涯準備狀況與因應策略。 *大專體育學刊*, 19(4), 329-340。

劉芯綺、\*黃崇儒 (2016)。運動介入自閉症類群之文獻回顧。 *台灣運動心理學報*, 16(2), 123-144。

闕廷宇、謝漱石、黃崇儒、洪聰敏 (2016)。健身運動與工作記憶之文獻回顧：以研究方式及年齡層觀點探討。 *台灣運動心理學報*, 16(1), 119-149。

余建霖、蔡侑蓉、洪巧菱、黃崇儒、吳建霆、洪聰敏 (2016)。中強度急性運動對注意力缺陷過動症孩童空間工作記憶的影響。 *體育學報*, 49(S), 33-45。

洪巧菱、蔡侑蓉、黃崇儒、洪聰敏 (2016)。以神經電生理取向探討身體活動在 ADHD 兒童症狀與認知功能效益：文獻回顧與展望。 *應用心理研究*, 64, 39-93。

劉芯綺、黃雅筑、黃崇儒 (2015)。優秀水球運動員的自信心剖面。 *運動表現期刊*, 2(2), 65-71。

王國鎮、陳泰廷、黃崇儒、洪聰敏 (2015)。鏡像神經元之旅：以 Mu 節律探討動作技能學習與運動表現。 *台灣運動心理學報*, 15(2), 127-147。

黃崇儒、洪聰敏 (2015)。國家運動訓練中心運動員的生涯規劃與輔導。 *國民體育季刊*, 44(3), 61-65。

黃崇儒、鄧婉瑜、王清樞 (2014)。女子壘球投手的狀態焦慮、自信心與控球準確性：一個實地觀察。 *運動表現期刊*, 1(1), 20-24。

莊嵐雅、黃崇儒\*、洪聰敏 (2014)。以腦波測量來探討身體活動的心理效應-1990 年至 2014 年研究趨勢探析。 *體育學報*, 47(4), 550-568。

黃崇儒、余雅婷、洪聰敏 (2014)。檢視大學運動員的生涯轉換：生涯發展模式之觀點。 *大專體育學刊*, 16(2), 192-201。

洪巧菱、陳衣帆、黃崇儒、張育愷、洪聰敏 (2014)。射擊準備期的大腦活動：射擊與動作需求之比較。《體育學報》，47(2)，195-204。

### 國際研討會論文發表

- Huang, C-J., & Wong, T-L. (2018). Exploring the process of career decisiveness in college student-athletes by using motivational systems theory: A cross-lagged panel analysis. Paper presented at the 2018 Annual Conference of the Association for Applied Sport Psychology, Toronto, Canada.
- Huang, C-J., Tsai, W-H., & Wong, T-L. (2017). Associations among mental toughness, perceived life stress, and cardiovascular endurance of adolescent rugby players. Paper presented at the 2017 Annual Conference of the Association for Applied Sport Psychology, Orlando, FL.
- Huang, C-J., & Yang, S-H. (2017). Associations among Internet use, physical activity, and physical fitness of elementary school children. Paper presented at the 2017 ISSP World Congress, Sevilla, Spain.
- Huang, C-J., & Hung, T-M. (2016). Resilience and coach social support on college student-athletes' career expectation: The mediation of self-efficacy. Paper presented at the 2016 Annual Conference of the Association for Applied Sport Psychology, Phoenix, AZ.
- Huang, C-J., & Hung, T-M. (2015). Exploring the career preparation process of college student-athletes based on the transtheoretical model. Paper presented at the 2015 Annual Conference of the Association for Applied Sport Psychology, Indianapolis, ID.
- Huang, C-J., Ku, W-W., & Wong, T-L. (2015). Relationships among personality traits, coping strategies, and career barrier of college student-athletes. Paper presented at 20th annual Congress of the European College of Sport Science, Malmo, Sweden.

### 近五年專書及專書論文

- Huang, C. J., Hung, T. M., & Chen, T. T. (2016).** The challenges of providing performance psychology services in Taiwan: A case study. In J. G. Cremades & L. S. Tashman (Eds.), *Global practices and training in applied, sport, exercise, and performance psychology: A case study approach* (pp. 35-41). New York: Routledge.
- Huang, C. J., Hung, T. M., & Chen, T. T. (2014).** The process of providing sport psychology services in Taiwan. In J. G. Cremades & L. S. Tashman (Eds.), *Becoming a sport, exercise, and performance psychology professional: A global perspective* (pp. 39-44). New York: Psychology Press.

季力康等人譯(2015)。競技與健身運動心理學。《R. S. Weinberg & D. Gould 原著(2015). Foundations of sport and exercise psychology (6th ed.)》。台北：禾楓。

張育愷等人譯(2014)。競技運動、體適能、健身運動的職涯：實現你夢想工作的權威性指導方針。<American Kinesiology Association, 2011, Careers in sport, fitness, and exercise: The authoritative guide for landing the job of your dreams>。台北：禾楓。

## 近五年國科會專案計畫

### 計畫主持人

黃崇儒(2017~2019)：運動認同、資源提供對大學運動員職業探索與畢業後工作滿意度之影響：就業力的中介。科技部計畫編號：MOST 106-2410-H-845 -015-MY2

黃崇儒(2016~2017)：以動機系統理論探討大學運動員的生涯抉擇：交叉延宕模式分析。科技部計畫編號：MOST 105-2410-H-845 -012

黃崇儒(2015~2016)：大學運動員職涯抉擇過程的概念架構探索與驗證。科技部計畫編號：MOST 104-2410-H-845 -007

黃崇儒(2014~2015)：個人特徵與社會支持對大學運動員生涯期望的影響：自我效能之中介效應。科技部計畫編號：MOST 103-2410-H-845 -017