

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

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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)

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

應用運動心理學會會員 (AASP) (2006 ~)

國際運動心理學會會員 (ISSP) (2005 ~)

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

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

2016 年里約奧運運科小組委員

2014 年仁川亞運運科小組委員

2012 年倫敦奧運運科小組委員

2010 年廣州亞運運科小組委員

2012-2016 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

- 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. 【SSCI, IF= 2.46; Ranking in Psychology, Multidisciplinary: 29/129, Q1】
- 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). 【SSCI, IF = 1.054; Ranking in Psychology, Applied: 51/79】
- 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. 【SSCI, IF = 2.605; Ranking in Hospitality, Leisure, Sport, & Tourism: 4/44】*
- 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. 【SSCI/SCI, IF = 2.185; Ranking in Hospitality, Leisure, Sport, & Tourism, 5/43】
- 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. 【SSCI, IF = 3.403; Ranking in Psychology, Experimental: 10/85】
- 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. 【SSCI, IF = 0.871; Ranking in Psychology, Multidisciplinary: 73/129】
- 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. 【SCI, IF = 2.036; Ranking in Neurosciences: 171/252】
- 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. 【SSCI, IF = 2.882; Ranking in Psychology, Experimental: 21/85】

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. 【SSCI, IF = 0.871; Ranking in Psychology, Multidisciplinary: 73/129】

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. 【SSCI, IF = 1.712; Ranking in Hospitality, Leisure, Sport, & Tourism: 10/43】

Huang, C. J., Huang, C. W., Tsai, Y. J., Tsai, C. L., Chang, Y. K., & Hung, T. M. (2014). A preliminary examination of aerobic exercise effects on resting EEG in children with ADHD. *Journal of Attention Disorders*, Published online 30 October, 2014. 【SSCI, IF = 3.779; Ranking in Psychology, Developmental: 8/68】 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. 【SSCI, IF = 1.59; Ranking in Psychology, Biological: 11/14】

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. 【SSCI/SCI, IF=1.986; Ranking in Psychology, Clinical: 45/119】

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. 【SSCI, IF = 1.062; Ranking in Hospitality, Leisure, Sport, & Tourism: 19/43】

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. 【SSCI, IF = 1.896; Ranking in Hospitality, Leisure, Sport, & Tourism: 8/43】

Chuang, L. Y., **Huang, C. J.**, & Hung, T. M. (2013). The differences in frontal midline theta power between successful and unsuccessful basketball free throws of elite basketball players.

International Journal of Psychophysiology, 90(3), 321-328. 【SSCI, IF = 2.036; Ranking in Psychology, Experimental: 33/83】

Kao, S. C., **Huang, C. J.**, & Hung, T. M. (2013). Frontal midline theta is a specific indicator of optimal attentional engagement during skilled putting performance. *Journal of Sport & Exercise Psychology*, 35(5), 470-478. 【SSCI, IF = 2.452; Ranking in Hospitality, Leisure, Sport, & Tourism: 4/35】

Dai, C. T., Chang, Y. K., **Huang, C. J.**, & Hung, T. M. (2013). Exercise mode and executive function in older adults: An ERP study of task-switching. *Brain & Cognition*, 83, 153-162. 【SSCI, IF = 2.823; Ranking in Psychology, Experimental: 17/83】

Chang, Y. K., **Huang, C. J.**, Chen, K. F., & Hung, T. M. (2013). Physical activity and working memory in healthy older adults: An ERP study. *Psychophysiology*, 50(11), 1174-1182. 【SSCI, IF = 3.261; Ranking in Psychology, Experimental: 13/83】

Hung, C. L., Chang, Y. K., Chan, Y. S., Shih, C. H., **Huang, C. J.**, & Hung, T. M. (2013). Motor ability and the inhibitory process in children with ADHD: A neuroelectric study. *Journal of Sport & Exercise Psychology*, 35(3), 322-328. 【SSCI, IF = 2.452; Ranking in Hospitality, Leisure, Sport, & Tourism: 4/35】

莊嵐雅、黃崇儒、龍喬夫、洪聰敏 (2013)。注意力偏誤相關之議題探究及其在運動領域的應用。 *International Journal of Sport and Exercise Psychology*, 11(2), 243-262。

近五年國內期刊發表著作

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 卷 1 期，119-149 頁。

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 卷 S 期，33-45 頁。

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 期，39-93 頁。

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 卷 2 期，65-71 頁。

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 卷 2 期，127-147 頁。

- 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 卷 3 期，61-65 頁。
- 黃崇儒、鄧婉瑜、王清欉 (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 卷 1 期，20-24 頁。
- 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 卷 4 期，550-568 頁。
- 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 卷 2 期，192-201 頁。
- 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 卷 2 期，195-204 頁。
- 楊明蓁、張詩婕、黃崇儒 (2013)。女子超級籃球聯賽新人球員的生涯轉換經驗。台灣運動心理學報，13 卷 2 期，23-36 頁。
- 劉義傳、王清欉、黃崇儒 (2013)。高中棒球選手心理堅韌性及教練威權領導與競技倦怠的關係。台灣運動教育學報，8 卷 1 期，1-13 頁。
- 陳盈吉、劉榮聰、黃崇儒 (2012)。大專籃球、排球選手知覺運動動機氣候、自主性與運動自信心的關係。台灣運動教育學報，7 卷 2 期，59-76 頁。
- 涂馨友、黃崇儒 (2012)。體育相關科系學生運動員的生涯規劃。國民體育季刊，41 卷 4 期，49-53 頁。
- 陳泰廷、蔡侑蓉、黃崇儒、洪聰敏 (2012)。提昇高爾夫推桿表現應具備的心生理與心理特質。台灣運動心理學報，12 卷 1 期，39-70 頁。
- 鄭名揚、黃崇儒、洪聰敏 (2012)。腦波感覺動作頻率在運動表現提升的應用。大專體育，120 期，28-33 頁。

國際研討會論文發表

- 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.
- Wu, Y-C., & Huang, C-J. (2014). Work adjustment for newly retired basketball players. Paper presented at the 7th International Congress for Asian-South Pacific Association of Sport Psychology, Tokyo, Japan.
- Lin, H-F., Wu, Y-C., & Huang, C-J. (2014). Transition experiences from elite basketball players to coaches. Paper presented at the 7th International Congress for Asian-South Pacific Association of Sport Psychology, Tokyo, Japan.
- Cheng, C-H., Hung, T-M., & Huang, C-J. (2014). Optimism and career beliefs among college student-athletes: The mediating effect of emotional regulation. Paper presented at the 7th International Congress for Asian-South Pacific Association of Sport Psychology, Tokyo, Japan.
- Huang, Y-J., & Huang, C-J. (2014). The confidence profiling for water polo players. Paper presented at the 7th International Congress for Asian-South Pacific Association of Sport Psychology, Tokyo, Japan.
- Ku, W-W., Hung, T-M., & Huang, C-J. (2014). Relationships between school experiences, coping strategies and career barriers in college athletes. Paper presented at the 7th International Congress for Asian-South Pacific Association of Sport Psychology, Tokyo, Japan.
- Yan, Y-R., & Huang, C-J. (2014). Physical activity benefits for mentally and physically handicapped high school students. Paper presented at the 7th International Congress for Asian-South Pacific Association of Sport Psychology, Tokyo, Japan.
- Chuang, L-Y., Huang, C-J., & Hung, T-M. (2014). Effects of acute aerobic exercise on response preparation in a Go/Nogo task in children with ADHD: An event-related potential study. Paper presented at the 7th International Congress for Asian-South Pacific Association of Sport Psychology, Tokyo, Japan.
- Huang, C-J., & Hung, T-M. (2013). An Examination of sport career transition in elite college student-athletes. Paper presented at the 2013 Annual Conference of the Association for Applied Sport Psychology, New Orleans, LA.
- Chou, C-C., Huang, C-J., & Chien, T-P. (2013). Relationships of humor, creativity, and teaching effectiveness on physical education teachers. Paper presented at the 2013 Annual Conference of the Association for Applied Sport Psychology, New Orleans, LA.

- Lin, P-C., Huang, C-J., & Hung, T-M. (2013). An Event-related potential study on the effects of sport types on inhibitory functions of female elderly. Paper presented at the 53rd Annual Meeting of the Society for Psychophysiology Research, Florence, Italy.
- Hung, C-L., Huang, C-J., & Hung, T-M. (2013). Physical activity program improves motor ability, inhibition, and neuroelectric performance in children with attention deficient/hyperactivity disorder. Paper presented at the 53rd Annual Meeting of the Society for Psychophysiology Research, Florence, Italy.
- Huang, C-W., Huang, C-J., Hung, C-L., & Hung, T-M. (2013). Effects of eight weeks physical activity intervention on resting EEG in children with attention deficient/hyperactivity disorder. Paper presented at the 53rd Annual Meeting of the Society for Psychophysiology Research, Florence, Italy.
- Sheng, C., Huang, C-J., & Hung, T-M. (2013). Frontal midline theta and putting performance in golf novices. Paper presented at the 53rd Annual Meeting of the Society for Psychophysiology Research, Florence, Italy.
- Su, J-Y., Cheng, M-Y., Chen, Y-C., Huang, C-J., & Hung, T-M. (2013). Higher coherences during golf putting execution are associated with better performance. Paper presented at the 53rd Annual Meeting of the Society for Psychophysiology Research, Florence, Italy.
- Tu, Y-L., Sheng, C., Su, J-Y., Cheng, M-Y., Huang, C-J., & Hung, T-M. (2013). The relationship between sensory motor rhythm and performance in skilled air pistol shooters. Paper presented at the 53rd Annual Meeting of the Society for Psychophysiology Research, Florence, Italy.
- Huang, C-J., & Yang, J-Y. (2013). Attitude toward physical education and leisure-time physical activity among adolescents with Internet addiction. Paper presented at the International Society of Sport Psychology 13th World Congress of Sport Psychology, Beijing, China.
- Huang, C-J., & Hung, T-M. (2012). An investigation into the transition experiences of youth student-athletes at different academic stages. Paper presented at the 2012 Annual Conference of the Association for Applied Sport Psychology, Atlanta, GA.
- Huang, C-W., Hung, C-L., Tsai, Y-J., Huang, C-J., & Hung, T-M. (2012). The relationship between physical fitness and EEG in attention deficit hyperactivity disorder children. Paper presented at the 2012 Annual Conference of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI. [Journal of Sport and Exercise Psychology, 34(Supplement), S237.]
- Hung, T-M., Su, J-Y., Cheng, M-Y., Chen, Y-C., & Huang, C-J. (2012). Will *mu* rhythm differentiate golf putting performance? Paper presented at the 2012 Annual Conference of

the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI. [Journal of Sport and Exercise Psychology, 34(Supplement), S240.]

Su, J-Y., Cheng, M-Y., Chen, Y-C., Huang, C-J., & Hung, T-M. (2012). EEG coherence between successful and unsuccessful golf putting. Paper presented at the 2012 Annual Conference of the North American Society for the Psychology of Sport and Physical Activity, Honolulu, HI. [Journal of Sport and Exercise Psychology, 34(Supplement), S289.]

國內研討會論文發表

周怡欣、黃崇儒（2013）。青少年合球選手運動員認同、同儕動機氣候與自我決定動機的關係。海報發表於 2013 體育運動團體聯合年會暨學術研討會。台北，台灣。

莊嵐雅、洪小雲、黃崇儒、張育愷、洪聰敏（2013）。跳舞機運動對女性老年人認知控制的影響。口頭發表於 2013 體育運動團體聯合年會暨學術研討會。桃園，台灣。

莊嵐雅、黃崇儒、洪聰敏（2013）。以腦波測量來探討身體活動的心理效應-1990~2013 年研究趨勢探析。海報發表於 2013 體育運動團體聯合年會暨學術研討會。桃園，台灣。

劉錦樺、莊嵐雅、黃崇儒、洪聰敏（2013）。桌球運動對老年人認知彈性的影響：前導研究。海報發表於 2013 體育運動團體聯合年會暨學術研討會。桃園，台灣。

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。

季力康等人譯(2012)。競技與健身運動心理學。《R. S. Weinberg & D. Gould 原著(2011). Foundations of sport and exercise psychology (5th ed.) 》。台北：禾楓。

近五年國科會專案計畫

計畫主持人

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

黃崇儒(2013~2014)：以跨理論模式探討大學四年級運動員的生涯準備狀況與因應策略。國科會計畫編號：NSC 102-2410-H-154-008

黃崇儒(2012~2013)：大學運動員的生涯狀況覺察與因應策略。國科會計畫編號：NSC 101-2410-H-154-007

計畫共同主持人

推動高齡者在社區健康老化研究-運動類型對老人認知功能影響的事件關連電位研究。國科會計畫編號：NSC 99-2413-H-003-144-MY3 (2010~2013)