

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)

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

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

Hsieh, S. S., Lin, C. C., Chang, Y. K., **Huang, C. J.**, & Hung, T. M. (in press). Effects of childhood gymnastics program on spatial working memory. *Medicine & Science in Sports & Exercise*.

- 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.
- [†]Chueh, T. Y., [†]**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., & ***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.

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- 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.
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近五年國內期刊發表著作

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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。

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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。

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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。

國際研討會論文發表

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.

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.

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.

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

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