

## (一) 個人簡歷

個人簡歷表			
基本資料	姓名：徐藝洳	英文姓名：HSU, YI-JU	E-mail: <a href="mailto:r236985@gmail.com">r236985@gmail.com</a>
學歷	學校	系/所	學位
	國立體育大學	運動科學研究所	博士
	國立體育大學	運動科學研究所	碩士
工作經歷	工作單位		職稱
	國立體育大學運動科學研究所		博士後研究員
	高雄醫學大學 運動醫學系		科技部研究助理
	長榮大學 醫學研究所		研究助理
研究專長	運動營養、運動生化、運動醫學、動物模式建立		
個人證照及證書	<ol style="list-style-type: none"> <li>1. 專技高考營養師及格證書</li> <li>2. 營養師證書</li> <li>3. 中餐烹調丙級技術證</li> <li>4. 健康管理師合格證書</li> <li>5. ASFA's Sports Nutritionist Certification</li> <li>6. IHFI銀髮族運動教練證照</li> <li>7. 樂齡功能性體適能檢測員</li> <li>8. 實驗動物人道管理訓練合格證書</li> <li>9. 細胞培養訓練結業證書</li> </ol>		

	<p>10. 實驗動物飼料應用研討會結業證書</p> <p>11. IACUC委員會或小組成員基礎訓練班結業證書</p>
榮譽	<ol style="list-style-type: none"> <li>1. 2017年榮獲行政院教育部體育署-106年度運動科學研究及發展獎勵-甲等獎。</li> <li>2. 2016年榮獲行政院教育部體育署-105年度運動科學研究及發展獎勵-優等獎。</li> <li>3. 2016年參加國際運動生理及體能領域學術研討會，海報論文比賽兩篇獲評審為優秀論文獎。</li> <li>4. 2016年國立體育大學29週年校慶獲選學術傑出獎。</li> <li>5. 2015年參加運動科技應用高峰論壇-第五屆運動科技應用研討會，論文競賽獲評審為論文佳作獎。</li> <li>6. 2015年參加第一屆台灣運動營養學會年度會議暨國際運動科學產業學術論壇研討會，口頭論文競賽獲評審為選優秀論文獎第二名。</li> </ol>

## (二) 著作目錄一覽表

### 1. 學術期刊

- (1) Wei, L., Wen, Y.T., Lee, M.C., Ho, H.M., Huang, C.C., **Hsu, Y.J.** (2019, Feb). Effects of isolated soy protein and strength exercise training on exercise performance and biochemical profile in postpartum mice. *Metabolism: Clinical and Experimental* 64: 1146-1156. (Correspondence) (SCI) (IF=5.963; Ranking= 16/138 (11.6%, Q1) in Endocrinology & Metabolism).
- (2) Huang, S.W., **Hsu, Y. J.**, Lee, M. C., Li, H. S. , Yeo, C.W., Lim, A. L. & Huang, C. C. (2018, Dec). In Vitro and In Vivo Functional Characterization of Essence of Chicken as an Ergogenic Aid. *Nutrients*, 10(12), 1943. (SCI) (IF=4.19; Ranking= 23/81 (28.3%) in Nutrition and Dietetics)
- (3) Lin, C. L., Lee, M. C., **Hsu, Y. J.**, Huang, W. C., Huang, C. C., & Huang, S. W. (2018, Nov). Isolated Soy Protein Supplementation and Exercise Improve Fatigue-Related Biomarker Levels and Bone Strength in Ovariectomized Mice. *Nutrients*, 10(11), 1792. (SCI) (IF=4.19; Ranking= 23/81 (28.3%) in Nutrition and Dietetics)
- (4) Tsai, S. W., **Hsu, Y. J.**, Lee, M. C., Huang, H. E., Huang, C. C., & Tung, Y. T. (2018, Jul). Effects of dextrose prolotherapy on contusion-induced muscle injuries in mice. *International Journal of Medical Sciences*, 15(11), 1251. (SCI) (IF=2.28; Ranking= 46/154 (29.8%) in Medicine, General & Internal)
- (5) **Hsu, Y. J.**, Huang, W. C., Lin, J. S., Chen, Y. M., Ho, S. T., Huang, C. C., & Tung, Y. T. (2018, Jul). Kefir Supplementation Modifies Gut Microbiota Composition, Reduces Physical Fatigue, and Improves Exercise Performance in Mice. *Nutrients*, 10(7). (SCI) (IF=4.19; Ranking= 23/81 (28.3%) in Nutrition and Dietetics)
- (6) Huang, W. C., Huang, H. Y., **Hsu, Y. J.**, Su, W. H., Shen, S. Y., Lee, M. C., & Huang, C. C. (2018, Jun). The Effects of Thiamine Tetrahydrofurfuryl Disulfide on Physiological Adaption and Exercise Performance Improvement. *Nutrients*, 10(7), 851. (SCI) (IF=4.19; Ranking= 23/81 (28.3%) in Nutrition and Dietetics)
- (7) Huang, W. C., **Hsu, Y. J.**, Li, H., Kan, N. W., Chen, Y. M., Lin, J. S., Hsu, T.K., Tsai, T. Y., Chiu, Y. S., & Huang, C. C. (2018 Jun). Effect of Lactobacillus Plantarum TWK10 on Improving Endurance Performance in Humans. *The Chinese Journal of Physiology*, 61(3), 163-170. (IF=0.872; Ranking=

75/83 (90.3%) in Physiology)

- (8) Hsiao, C. Y., **Hsu, Y. J.**, Tung, Y. T., Lee, M. C., Huang, C. C., & Hsieh, C. C. (2018, Feb). Effects of *Antrodia camphorata* and *Panax ginseng* supplementation on anti-fatigue properties in mice. *Journal of Veterinary Medical Science*, 80(2), 284-291. (SCI) (IF=0.803; Ranking= 86/140 (61.4%) in Veterinary Sciences)
- (9) Chen, W. C., **Hsu, Y. J.**, Lee, M. C., Li, H. S., Ho, C. S., Huang, C. C., & Chen, F. A. (2017, Oct). Effect of burdock extract on physical performance and physiological fatigue in mice. *Journal of Veterinary Medical Science*, 17-0345. (SCI) (IF=0.803; Ranking=86/140 (61.4%) in Veterinary Sciences)
- (10) Hsiao, C. Y., Chen, Y. M., **Hsu, Y. J.**, Huang, C. C., Sung, H. C., & Chen, S. S. (2017, Jun). Supplementation with Hualian No. 4 wild bitter gourd (*Momordica charantia* Linn. var. *abbreviata* ser.) extract increases anti-fatigue activities and enhances exercise performance in mice. *Journal of Veterinary Medical Science*, 17-0079. (SCI) (IF=0.803; Ranking= 86/140 (61.4%) in Veterinary Sciences)
- (11) Huang, W. C., Chang, Y. C., Chen, Y. M., **Hsu, Y. J.**, Huang, C. C., Kan, N. W., & Chen, S. S. (2017, Jun). Whey protein improves marathon-induced injury and exercise performance in elite track runners. *International Journal of Medical Sciences*, 14(7), 648. (SCI) (IF=2.28; Ranking= 46/154 (29.8%) in Medicine, General & Internal)
- (12) Ma, G. D., Chiu, C. H., **Hsu, Y. J.**, Hou, C. W., Chen, Y. M., & Huang, C. C. (2017, Mar). Changbai Mountain ginseng (*Panax ginseng* CA Mey) extract supplementation improves exercise performance and energy utilization and decreases fatigue-associated parameters in mice. *Molecules*, 22(2), 237. (SCI) (IF=3.09; Ranking= 68/171 (39.7%) in Chemistry and Multidisciplinary)
- (13) Huang, W. C., Chang, W. C., **Hsu, Y. J.**, Huang, C. F., Huang, C. C., Kao, C. Y., & Lin, C. L. (2017, Feb). The Modulative Effects of Microcurrent Electrical Nerve Stimulation on Diabetic Mice. *The Chinese journal of physiology*, 60(1), 62-72. (SCI) (IF=0.872; Ranking= 75/83 (90.3%) in Physiology)
- (14) Chang, C. W., Chen, Y. M., **Hsu, Y. J.**, Huang, C. C., Wu, Y. T., & Hsu, M. C. (2016, Dec). Protective effects of the roots of *Angelica sinensis* on strenuous exercise-induced sports anemia in rats. *Journal of Ethnopharmacology*, 193, 169-178. (SCI) (IF=3.12; Ranking= 38/222 (17.1%) in Plant Science)
- (15) Huang, W. C., **Hsu, Y. J.**, Wei, L., Chen, Y. J., & Huang, C. C. (2016, Nov). Association of physical

- performance and biochemical profile of mice with intrinsic endurance swimming. *International Journal of Medical Sciences*, 13(12), 892. (SCI) (IF=2.28; Ranking= 46/154 (29.8%) in Medicine, General & Internal)
- (16) Hsu, Y. J., Huang, W. C., Chiu, C. C., Liu, Y. L., Chiu, W. C., Chiu, C. H., & Huang, C. C. (2016, Oct). Capsaicin supplementation reduces physical fatigue and improves exercise performance in mice. *Nutrients*, 8(10), 648. (SCI) (IF=4.19; Ranking= 23/81 (28.3%) in Nutrition and Dietetics)
- (17) Chen, Y. M., Wei, L., Chiu, Y. S., Hsu, Y. J., Tsai, T. Y., Wang, M. F., & Huang, C. C. (2016, Apr). Lactobacillus plantarum TWK10 supplementation improves exercise performance and increases muscle mass in mice. *Nutrients*, 8(4), 205. (SCI) (IF=4.19; Ranking= 23/81 (28.3%) in Nutrition and Dietetics)
- (18) Huang, C. C., Tung, Y. T., Huang, W. C., Chen, Y. M., Hsu, Y. J., & Hsu, M. C. (2016, Mar). Beneficial effects of cocoa, coffee, green tea, and garcinia complex supplement on diet induced obesity in rats. *BMC Complementary and Alternative Medicine*, 16(1), 1. (SCI) (IF=2.11; Ranking= 8/27 (29.6%) in Integrative & Complementary Medicine)
- (19) Chen, Y. M., Lin, C. L., Wei, L., Hsu, Y. J., Chen, K. N., Huang, C. C., & Kao, C. H. (2016, Feb). Sake protein supplementation affects exercise performance and biochemical profiles in power-exercise-trained mice. *Nutrients*, 8(2), 106. (SCI) (IF=4.19; Ranking= 23/81 (28.3%) in Nutrition and Dietetics)
- (20) Huang, W. C., Lin, C. L., Hsu, Y. J., Chiu, Y. S., Chen, Y. M., Wu, M. F., Huang, C.C., & Wang, M. F. (2016, Mar). Inulin and Fibersol-2 combined have hypolipidemic effects on high cholesterol diet-induced hyperlipidemia in hamsters. *Molecules*, 21(3), 313. (SCI) (IF=3.09; Ranking= 68/171 (39.7%) in Chemistry and Multidisciplinary)
- (21) Lee, L. C., Wei, L., Huang, W. C., Hsu, Y. J., Chen, Y. M., & Huang, C. C. (2015, Dec). Hypolipidemic effect of tomato juice in hamsters in high cholesterol diet-induced hyperlipidemia. *Nutrients*, 7(12), 10525-10537. (SCI) (IF=4.19; Ranking= 23/81 (28.3%) in Nutrition and Dietetics)
- (22) Chang, C. W., Hsu, Y. J., Chen, Y. M., Huang, W. C., Huang, C. C., & Hsu, M. C. (2015, Aug). Effects of combined extract of cocoa, coffee, green tea and garcinia on lipid profiles, glycaemic markers and inflammatory responses in hamsters. *BMC Complementary and Alternative Medicine*, 15(1), 269. (SCI) (IF=2.11; Ranking= 8/27 (29.6%) in Integrative & Complementary Medicine)

- (23) **Hsu, Y. J.**, Chiu, C. C., Li, Y. P., Huang, W. C., Te Huang, Y., Huang, C. C., & Chuang, H. L. (2015, Feb). Effect of intestinal microbiota on exercise performance in mice. *The Journal of Strength & Conditioning Research*, 29(2), 552-558. (SCI) (IF=2.32; Ranking= 29/81 (35.8%) in Sport Science)
- (24) 梁詠嫻、**徐藝洳**、許青雲、黃啟彰 (2017 年 12 月)。探討運動前補充三大營養素、修飾澱粉或補充劑對於耐力運動表現之影響。長庚科技學刊。
- (25) 張凱翔、**徐藝洳**、許青雲、黃啟彰 (2017 年 06 月)。洛神花之生物活性以及調節血脂作用之系統性文獻回顧。長庚科技學刊。
- (26) 賴筱雯、**徐藝洳**、陳文詮 (2016 年 12 月)。高蛋白飲食對身體組成影響之評論。長庚科技學刊。
- (27) **徐藝洳**、莊曉莉、黃彥智、許青雲、黃啟彰 (2016 年 06 月)。腸道菌叢於宿主營養生化與代謝性疾病之作用。長庚科技學刊。本人為第一作者。

## 2. 研討會論文

- (1) **Hsu, Y.J.**, Huang, W.C., Lee, M.C., Huang, C.C./ Effects of exercise training intervention on intrinsic high- or low- aerobic exercise capacity in mice /2018 23rd annual Congress of the European College of Sport Science (ECSS)/ Dublin, Ireland / Poster
- (2) **Hsu, Y.J.**, Lee, M.C., Huang, W.C., Huang, C.C./Fructose-induced metabolic changes in mice with regular exercise in intrinsic high- or low-aerobic exercise capacity in mice/ 2018 International Conference for Adaptations and Nutrition in Sports (ICANS) / Chonburi Province, Thailand / Poster
- (3) Lee, T.A., Lee, M.C., **Hsu, Y.J.**, Huang, C.C./ Effect of traditional concentrated chicken essence supplementation on reducing exercise-induced fatigue in rat/ 2018 International Conference for Adaptations and Nutrition in Sports (ICANS) / Chonburi Province, Thailand / Poster
- (4) **Hsu, Y.J.**, Lee, M.C., Liu, Y.L., Huang, C.C./Capsaicin Supplementation Improves Physical Fatigue and Exercise Performance in Mice /2017 The 7th Asia Conference on Kinesiology (ACK)/ Incheon, Korea / Oral
- (5) 黎子萱、**徐藝洳**、黃啟彰、李孟謙/紅景天對於運動表現之研究概況/2017 體育運動學術團體聯

- 合年會暨學術研討會/台灣、嘉義/Poster
- (6) 裘川澐、徐藝洳、黃啟彰、李孟謙/紅茶提升小鼠肌耐力之研究概況/2017 體育運動學術團體聯合年會暨學術研討會/台灣、嘉義/Poster
- (7) 葉思妤、徐藝洳、黃啟彰/運動對運後婦女之最新研究概況/2017 體育運動學術團體聯合年會暨學術研討會/台灣、嘉義/Poster
- (8) 陳孟奇、徐藝洳、黃啟彰/大豆分離蛋白合併有氧運動訓練對運動表現之影響/2017 運動教練學會春季學術研討會/台灣、台中/Poster
- (9) 洪聖俊、徐藝洳、黃啟彰/介入高果糖飲食對於天生運低有氧運動表現老鼠之影響 /2017 運動教練學會春季學術研討會/台灣、台中/Poster
- (10) 霍華明、何春生、徐藝洳、黃啟彰/肌肉損傷模式支初探討 /2017 運動教練學會春季學術研討會/台灣、台中/Poster
- (11) 李孟謙、徐藝洳、陳奕鳴、陳福安、黃啟彰/牛蒡萃取物對於提升運動表現以及抗疲勞作用之評估/2016 國際運動生理及體能領域學術研討會/台灣、桃園/Poster (獲選優秀論文獎)
- (12) 陳冠能、李孟謙、徐藝洳、陳奕鳴、黃啟彰、馬國東/長白山人參萃取物抗疲勞功效評估/2016 國際運動生理及體能領域學術研討會/台灣、桃園/Poster (獲選優秀論文獎)
- (13) 徐藝洳、李孟謙、霍華明、陳奕鳴、黃啟彰、何春生/補充白藜蘆醇對於挫傷秀發肌肉損傷之保護作用/2016 台灣運動營養學會學術研討會/台灣、台北/Oral
- (14) Huan, C.C., Hsu, Y.J., Huan W.C., Chiu W.C., Chen, F.A. Effect of Curcumin Supplementation on Physiological Fatigue and Physical Performance in Mice/ 2015 Annual Meeting of the American College of Sports Medicine (ACSM) / San Diego, California / Poster
- (15) 徐藝洳、許淑靜、甘乃文、許立經、黃啟彰、許美智 (2015)。訓練合併補充鹿茸對肌力選手具有降低血清肌酸激酶及乳酸去氫酶活性之效益。 2015 運動科技應用高峰論壇-第五屆運動科技應用/台灣、台中 (論文競賽佳作)
- (16) 徐藝洳、黃啟彰/腸道微生物與運動表現及能量代謝相關性/2015 國立體育大學國際教練科學研討會/台灣、桃園/Poster
- (17) 徐藝洳、莊曉莉、黃彥智、黃啟彰/Effect of intestinal microbiota on exercise performance in trained mice./ 2015 第一屆台灣運動營養學會年度會議暨國際運動科學產業學術論壇/台灣、台北/Oral (獲選優秀論文獎)

- (18) 徐藝洳、童玉棠、黃文經、陳奕鳴、黃啟彰/市售ST補充劑預防高熱量飲食誘發肥胖之效益  
/2015 第一屆台灣運動營養學會年度會議暨國際運動科學產業學術論壇/台灣、台北/ Poster
- (19) 何春生、徐藝洳、黃文經、張建淳、陳奕鳴、黃啟彰/以STZ誘發小鼠糖尿病模式探討植物複方  
之血糖調節作用/2015 第一屆台灣運動營養學會年度會議暨國際運動科學產業學術論壇/台灣、  
台北/ Poster
- (20) 馬國東、陳奕鳴、徐藝洳、張建淳、黃啟彰/紅景天萃取物之抗疲勞先導試驗/2015 第一屆台灣  
運動營養學會年度會議暨國際運動科學產業學術論壇/台灣、台北/ Poster
- (21) 徐藝洳、黃啟彰 (2015)。運動領域使用薑黃補充劑之概況。2015 體育運動學術團體聯合年會暨  
學術研討會/台灣、台中/Poster
- (22) 劉宴伶、徐藝洳(2015)。運動治療在高齡者身體活動之研究現況。2015 體育運動學術團體聯合  
年會暨學術研討會/台灣、台中/Poster