

與體育專才經驗分享 – 體育訓練及運動營養
Experience Sharing with Sports Professionals –
Training Methods and Sports Nutrition
推薦資料 Recommended Resources

I. 體育訓練 Training Methods

書籍 Books

田麥久 編

運動訓練學

北京：高等教育出版社，2006。

索書號：528.92 3202

余萬斌

健康運動處方

西南交通大學出版社，2006。

存放地點: 方正 Apabi 中文電子書

陳方燦.

運動拉伸實用手冊

北京: 北京體育大學，北京體育大學音像電子出版社，2008。

存放地點: 方正 Apabi 中文電子書

楊鐵黎、宋盡賢

關於我國學校課餘體育訓練發展戰略研究

北京：北京體育大學出版社，2005。

索書號：528.992 4682

實用體育規則及運動傷害處理 = Practical physical education rules & sports injury management

中和：新文京開發出版股份有限公司，2008。

索書號：528.9 3770

劉青

運動訓練管理教程

北京: 人民體育出版社，2007。

存放地點: 方正 Apabi 中文電子書

鍾伯光 編

中國內地主要體育訓練基地

香港：香港體育學院，2006。

索書號：528.92 5644

Campus recreational sports facilities : planning, design, and construction guidelines.

Champaign, IL : Human Kinetics, c2009.

Call number: 725.8043 CAM

- Cassidy, Tania, Jones, Robyn and Potrac, Paul.
Understanding sports coaching : the social, cultural and pedagogical foundations of coaching practice.
London ; New York : Routledge, 2009.
Call number 796.077 CAS
- Culley, Peter
Sports facilities and technologies.
New York : Routledge, 2009
Call number: 725.84 CUL
- Eaves, Ted.
The practical guide to athletic training.
Boston : Jones and Bartlett Publishers, c2010.
Call number: 617.1027 EAV
- Faigenbaum, Avery D.
Youth strength training : programs for health, fitness, and sport.
Champaign, IL : Human Kinetics, c2009.
Call number: 613.7042 FAI
- France, Robert C.
Introduction to sports medicine and athletic training.
Australia : Delmar Cengage Learning, c2011.
Call number: 617.1027 FRA
- Lumpkin, Angela.
Introduction to physical education, exercise science, and sport studies.
New York, McGraw Hill, c2011.
Call number: 796.07 LUM
- Management of sports development.
Amsterdam : Elsevier/Butterworth-Heinemann, 2008.
Call number: 796.069 MAN
- Masterman, Guy
Strategic sports event management.
Burlington, MA : Elsevier/Butterworth-Heinemann, c2009.
Call Number: 796.069 MAS
- Radcliffe, James C.
Functional training for athletes at all levels : workouts for agility, speed and power.
Berkeley, CA : Ulysses, c2007.
Call number: 613.71 RAD
- Shepherd, John
The complete guide to sports training.
London : A & C Black, 2006.
Call number: 613.71 SHE

多媒體資料 Multimedia Resources

Performance! An introduction to sports : scientific training. [videorecording].
Simon Fraser university.
Call number: 796 PER V49353
Location: MMIS

期刊文章 Journal Articles

戴霞

〈最佳運動成績與訓練過程若干關係的綜合分析〉。
《湖北體育科技》，2012年，第1期。
取自：中國期刊全文數據庫

李波

〈運動訓練時間系統方式與設計〉。
《內蒙古體育科技》，2010年，第4期。
取自：中國期刊全文數據庫

董波

〈淺論傳統運動訓練理論的繼承與發展〉。
《運動》，2012年，第2期。
取自：中國期刊全文數據庫

諸葛偉民

〈試論運動訓練科學範式〉。
《體育科學》，2009年，第7期。
取自：中國期刊全文數據庫

Cornie, Prue. McCuigan, Michael R. and Newton, Robert U.
“Developing maximal neuromuscular power.”
Sports Medicine 41 no.1 (2011) p. 17-39.
Retrieved from: SPORTDiscus with Full Text

Granquist, Megan D., Gill, Diane L. and Appaneal, Renee N.
“Development of a measure of rehabilitation adherence of athletic training.”
Journal of Sport Rehabilitation 19 no.3 (Aug 2010) p. 249-267.
Retrieved from: SPORTDiscus with Full Text

Grosso, Marc R.
“Developing an athletics training program.”
Modern Athlete & Coach 45 no. 1 (Jan 2007) p. 27-31.
Retrieved from: SPORTDiscus with Full Text

Grosso, Marc R.
“Training theory: a primer on periodization”
Modern Athlete & Coach 44 no. 3 (July 2006) p. 7-14.
Retrieved from: SPORTDiscus with Full Text

Grosso, Marc R.
“Training theory: additional considerations.”
Modern Athlete & Coach 44 no. 4 (Oct 2006) p. 12-19.

Retrieved from: SPORTDiscus with Full Text

Issurin, Vladimir B.

“New horizons for the methodology and physiology of training periodization.”

Sports Medicine 40 no. 3 (2010) p. 189-206.

Retrieved from: SPORTDiscus with Full Text

Mirela, Dulgheru and Marius, Vaida.

“The optimization of the training strategies in what concerns obtaining a bigger transfer of the training effect for the competition.”

Journal of Physical Education & Sport / Citius Altius Fortius 28 no. 4 (2010) p. 94-101.

Retrieved from: SPORTDiscus with Full Text

Seiler, Stephen.

“What is best practice for training intensity and duration distribution in endurance athletes?”

International Journal of Sports Physiology & Performance 5 no. 3 (Sep 2010) p. 276-291.

Retrieved from: SPORTDiscus with Full Text

網址 Websites

香港中文大學體育運動科學系 - 體育教學資源互動網頁

<http://www.pe-web.org/resource/resource.htm>

香港公共圖書館 - 運動與健體資訊

Hong Kong Public Libraries - Sports and Fitness Information

<http://www.hkpl.gov.hk/sports>

國家體育總局體育信息中心-體育資訊網運動訓練庫

<http://www.sportinfo.net.cn/ydxlk/index.asp>

II. 運動營養 Sports Nutrition

書籍 Books

李寧遠 主編；巫錦霖...[等]編著
運動營養學
台北：華香園，2004。
索書號：411.3 3298

黃玉山
運動處方理論與應用
廣西師範大學出版社，2005。
存放地點: 方正 Apabi 中文電子書

張冰、仇軍主編
運動營養指導
北京：清華大學出版社，2007。
索書號：528.9 3298

羅納德.J.莫恩主編；楊則宜譯審
運動營養
北京：人民體育，2005。
索書號：411.3 3298

楊則宜、馮煒權
健康中年運動營養指南
人民體育出版社，2007。
存放地點: 方正 Apabi 中文電子書

運動性貧血時紅細胞功能變化以及營養干預對其的影響
北京: 北京體育大學、北京體育大學音像電子出版社，2009。
存放地點: 方正 Apabi 中文電子書

Bean, Anita
Anita Bean's sports nutrition for women.
London : A & C Black, 2010.
Call number: 613.2 BEA

Bean, Anita
Anita Bean's sports nutrition for young athletes.
London : A & C Black, 2010.
Call number: 613.2 BEA

Bean, Anita
The complete guide to sports nutrition.
London : A. & C. Black, 2009.
Call number: 613.2 BEA

Jeukendrup, Asker E., Gleson, Michale
Sport nutrition : an introduction to energy production and performance.
Champaign, IL : Human Kinetics, 2010.
Call number: 613.2024796 JEU

Manore, Melinda, Meyer, Nanna, L.and Thomson, Janice
Sport nutrition for health and performance.
Champaign, IL : Human Kinetics, c2009.
Call number: 613.2024796 MAN

Ryan, Monique
Sports nutrition for endurance athletes.
Boulder, Colo. : VeloPress, c2007.
Call number: 613.2024796 RYA

Wolinsky, Ira and Driskell, Judy A.
Sports nutrition : energy metabolism and exercise.
Boca Raton, FL : CRC Press, c2008.
Call number: 612.57 SPO

Driskell, Judy A.
Sports and nutrition: fats and proteins.
Boca Raton, FL: CRC, c2007.
Call number: 612.39 SPO

多媒體資料 **Multimedia Resources**

運動營養 = Sports nutrition [錄影資料]
香港 : 香港康體發展局教練培訓部
索書號: 411.3 3298

期刊文章 **Journal Articles**

李波
〈體育鍛鍊後的營養補充與體力恢復〉
《考試周刊》，2012年，第7期。
取自：中國期刊全文數據庫

王棣、雷康、石金丹等
〈運動補劑對男子耐力運動員血液學指標的影響〉
《陝西師範大學學報-自然科學報》，2012年，第2期。
取自：中國期刊全文數據庫

吳素琴
〈淺析青少年運動科學合理的飲食〉
《體育世界學術版》，2012年，第1期。
取自：中國期刊全文數據庫

- Boone, Tommy.
 “Has Sports Nutrition Made a Difference?”
Journal of Professional Exercise Physiology 8 no. 8 (Aug2010) p.1-3.
 Retrieved from: SPORTDiscus with Full Text
- Burke, L. M.
 “Fueling strategies to optimize performance: training high or training low?”
Scandinavian Journal of Medicine & Science in Sports. 20, supplement 2 (October 2010) p.48-58.
- Calbet, J. A., et. al.
 “A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance-Part 24”
British Journal of Sports Medicine. 45 no.12. (September 2011) p.1005-1007.
 Retrieved from: SPORTDiscus with Full Text
- Clark N.
 “Case Study: Nutrition Challenges of a Marathon Runner With a Gastric Bypass. ”
International Journal Of Sport Nutrition & Exercise Metabolism 21 no.6 (December 2011) p.515-519.
 Retrieved from: SPORTDiscus with Full Text
- Hauswirth C, Meur Y.
 “Physiological and Nutritional Aspects of Post-Exercise Recovery Specific Recommendations for Female Athletes”
Sports Medicine . 41 no. 10 (October 2011) p. 861-882.
 Retrieved from: SPORTDiscus with Full Text,
- Heaney S, O'Connor H, Michael S, Gifford J, Naughton G.
 “Nutrition Knowledge in Athletes: A Systematic Review.”
International Journal Of Sport Nutrition & Exercise Metabolism. 21 no. 3 (June 2011) p. 248-261.
 Retrieved from: SPORTDiscus with Full Text
- Jones, Andrew M., et. al .
 “A--Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance-Part 27.”
British Journal of Sports Medicine 45 no.15 (December 2011) p.1246-1248.
 Retrieved from: SPORTDiscus with Full Text
- Lee, Jason K. W., et.al.
 “Effects of ingesting a sports drink during exercise and recovery on subsequent endurance capacity.” *European Journal of Sport Science* 11 no. 2(March 2011) p. 77-86.
 Retrieved from: SPORTDiscus with Full Text
- Kreider, Richard B., et. al.
 “ISSN exercise & sport nutrition review: research & recommendations.”
Journal of the International Society of Sports Nutrition 7(2010) p. 7-49.
 Retrieved from: SPORTDiscus with Full Text
- Nazni, Peer Khan and Vimala, Srinivasan.
 “Nutrition Knowledge, Attitude and Practice of College Sportsmen.”
Asian Journal of Sports Medicine 1 no. 2 (June 2010) p. 93-100.
 Retrieved from: SPORTDiscus with Full Text

網址 Websites

香港公共圖書館 - 運動與健體資訊

Hong Kong Public Libraries - Sports and Fitness Information

<http://www.hkpl.gov.hk/sports>

國家體育總局運動醫學研究所運動營養中心

<http://sports-nutrition.cn/>

衛生署中央健康教育組 - 運動處方

<http://exerciserx.cheu.gov.hk/tc/>

World Health Organization (WHO) - Global Strategy on Diet, Physical Activity & Health

<http://www.who.int/dietphysicalactivity/en/>