

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

Cormie, 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: additonal 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/ydxxlk/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, Peerkhan 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/>