

## 國立體育大學教師專業成長報告書

填寫日期：109 年 12 月 15 日

申請序號：

申請人		單位主管	
研習成果			
<p>1.請說明該研習、證照、課程內容，應用於教學研究訓練之規劃或執行成果(100 字以上)</p> <p>2020 美國肌力與體能協會 NACA 進階週期訓練研討會 Advanced Periodization virtual clinic 線上研討會，本次研討會內容由 Dr. Stone 講解週期訓練的歷史、肌肉生理和表現適應、Dr. Haff 提出週期化訓練平行理論新觀點，Dr. Kraemer 阻力訓練神經內分泌權威學者，針對波動式週期的生理背景和演變進行說明。申請人為競技學院陸上、技擊、球類系運動訓練法，教練所肌力與體能訓練授課老師，針對教學實務上，規劃彙整相關不同週期化訓練知識，可藉由授課指導競技學生了解專項賽事，安排符合需求之週期訓練計畫，有效提升運動能力。</p>			
			
技擊系課程講解		技擊系課程講解與術科操作演練	
			
教練所肌力與體能訓練課程討論		線上課程參與內容	

檢附證明

- ☐ 研習結業證書、證照、課程證明等相關證明文件：檢附**影本**黏貼於本欄
- ☐ 交通費、住宿費、報名/註冊/認證費等相關單據：檢附**正本**，黏貼於「國內/國外出差旅費單據黏貼單」或紙本「黏貼憑證用紙」

教務處  
教發組

單位主管

Dear Chieh-Ying Chiang,

Thank you for registering for the livestream of the 2020 Advanced Periodization Virtual Clinic! As a reminder, the event will be happening 11/12/2020 12:00:00 PM Eastern Time.

Your live stream access will be available at <https://nsca.com/events/clinics/advanced-periodization/> and directly on the 2020 Advanced Periodization Virtual Clinic web page, 11/12/2020 12:00:00 PM Eastern Time.

Please retain this conference reference number for your records: 1002152713.

Below is a summary of your registration:

**Registered**

Chieh-Ying Chiang

**NSCA Customer ID**

000032892

**Meeting Name**

2020 Advanced Periodization Virtual  
Clinic

**Start Date**

11/12/2020 12:00:00 PM Eastern Time

**Payment Receipt**

Order #	Quantity	Product	Unit Price	Tax	Price
1002152713	1	2020 Advanced Periodization Virtual Clinic	\$340.00	\$0.00	\$340.00

**Order Total:** \$340.00

Paid for by: Chieh-Ying Chiang

## CHECKOUT: RECEIPT

**Thank you!**

 **PRINT**

Order Number: 1002152713

Dated: 11/5/2020

Shipping address

No. 29. Lane 220, Hangjhou St.  
Taitung City, , 950

Billing address

No. 29. Lane 220, Hangjhou St.  
Taitung City, , 950

Payment used

 Visa  
0200



**2020 Advanced Periodization Virtual Clinic**

**Price**

\$340.00 USD

- Allow 2 to 3 business days for processing ALL orders.
- Allow 2 additional business days, not including the date of shipment, for delivery of all 2nd Day Air Express packages.

Sub-total:	\$340.00 USD
Sales tax:	\$0.00 USD
Shipping:	\$0.00 USD
Total:	\$340.00 USD
Amount Paid:	(\$340.00) USD
Balance:	\$0.00 USD