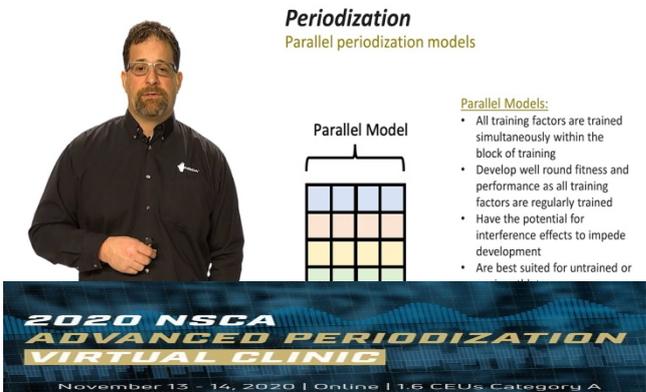


## 國立體育大學教師專業成長報告書

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	
		 <p><b>Periodization</b> Parallel periodization models</p> <p><b>Parallel Model</b></p> <p><b>Parallel Models:</b></p> <ul style="list-style-type: none"> <li>• All training factors are trained simultaneously within the block of training</li> <li>• Develop well round fitness and performance as all training factors are regularly trained</li> <li>• Have the potential for interference effects to impede development</li> <li>• Are best suited for untrained or</li> </ul> <p>2020 NSCA ADVANCED PERIODIZATION VIRTUAL CLINIC November 13 - 14, 2020   Online   1.6 CEUs Category A</p>	
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	
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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://nscs.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:

<b><u>Registered</u></b>	<b><u>NSCA Customer ID</u></b>
Chieh-Ying Chiang	000032892

<b><u>Meeting Name</u></b>	<b><u>Start Date</u></b>
2020 Advanced Periodization Virtual Clinic	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

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## CHECKOUT: RECEIPT

**Thank you!**

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Order Number: 1002152713

Dated: 11/5/2020

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Taitung City, , 950

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**2020 Advanced Periodization Virtual Clinic**

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- Allow 2 to 3 business days for processing ALL orders.
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