

## 國立體育大學教師專業成長報告書

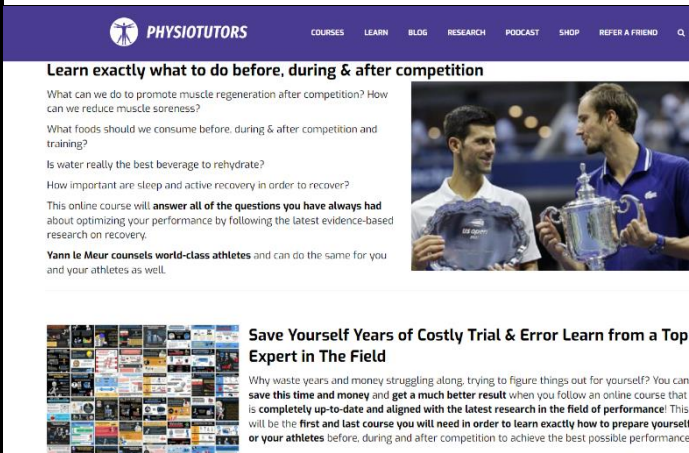
日期： 111 年 4 月 25 日

申請序號：9

申請人		單位主管	
活動/證照名稱	運動恢復策略 RECOVERY FOR SPORTS PERFORMANCE	活動日期	111 年 4 月 10 日 至 4 月 25 日

## 研習成果


藉由本次增能課程，提升在協助運動員日常訓練後肌肉修復、營養增補、心理恢復等運動修復策略之方法。而欲提升運動表現除了訓練規劃需視比賽做週期化的安排，恢復策略在賽前、賽中及賽後也分別有相對應的方式以輔助運動員身體的恢復及提升。冀望能結合本次增能課程及本身肌力與體能訓練經驗提升運動員賽場上的表現。



**PHYSIOTUTORS** COURSES LEARN BLOG RESEARCH PODCAST SHOP REFER A FRIEND Q

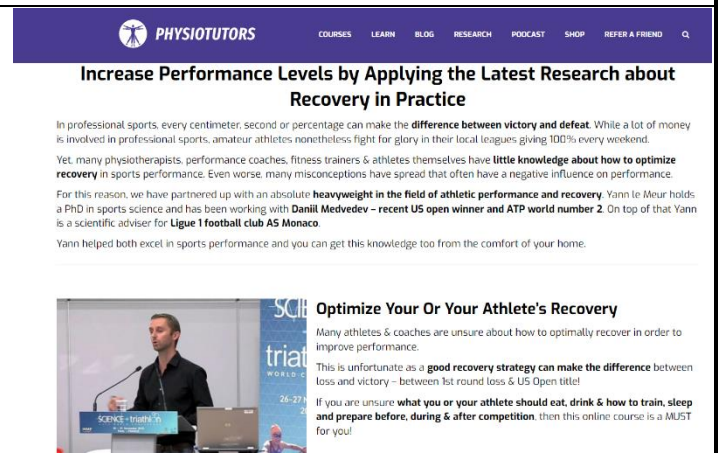
### Learn exactly what to do before, during & after competition

What can we do to promote muscle regeneration after competition? How can we reduce muscle soreness?  
What foods should we consume before, during & after competition and training?  
Is water really the best beverage to rehydrate?  
How important are sleep and active recovery in order to recover?  
This online course will answer all of the questions you have always had about optimizing your performance by following the latest evidence-based research on recovery.  
Yann le Meur counsels world-class athletes and can do the same for you and your athletes as well.



**Save Yourself Years of Costly Trial & Error Learn from a Top Expert in The Field**

Why waste years and money struggling along, trying to figure things out for yourself? You can save this time and money and get a much better result when you follow an online course that is completely up-to-date and aligned with the latest research in the field of performance! This will be the first and last course you will need in order to learn exactly how to prepare yourself or your athletes before, during and after competition to achieve the best possible performance



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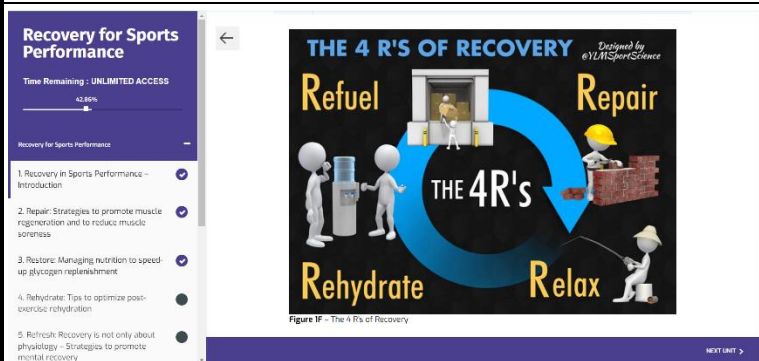
### Increase Performance Levels by Applying the Latest Research about Recovery in Practice

In professional sports, every centimeter, second or percentage can make the difference between victory and defeat. While a lot of money is involved in professional sports, amateur athletes nonetheless fight for glory in their local leagues giving 100% every weekend.  
Yet, many physiotherapists, performance coaches, fitness trainers & athletes themselves have little knowledge about how to optimize recovery in sports performance. Even worse, many misconceptions have spread that often have a negative influence on performance.  
For this reason, we have partnered up with an absolute heavyweight in the field of athletic performance and recovery, Yann le Meur holds a PhD in sports science and has been working with Daniil Medvedev – recent US open winner and ATP world number 2. On top of that Yann is a scientific adviser for Ligue 1 football club AS Monaco.  
Yann helped both excel in sports performance and you can get this knowledge too from the comfort of your home.

### Optimize Your Or Your Athlete's Recovery

Many athletes & coaches are unsure about how to optimally recover in order to improve performance.  
This is unfortunate as a good recovery strategy can make the difference between loss and victory – between 1st round loss & US Open title!  
If you are unsure what you or your athlete should eat, drink & how to train, sleep and prepare before, during & after competition, then this online course is a MUST for you!

## 課程簡介 1\_賽前、賽中賽後恢復策略



**Recovery for Sports Performance**

Time Remaining: UNLIMITED ACCESS  
42.86%

Recovery for Sports Performance

1. Recovery in Sports Performance - Introduction
2. Repair: Strategies to promote muscle regeneration and to reduce muscle soreness
3. Restore: Managing nutrition to speed up glycogen replenishment
4. Rehydrate: Tips to optimize post-exercise rehydration
5. Refresh: Recovery is not only about physiology - Strategies to promote mental recovery

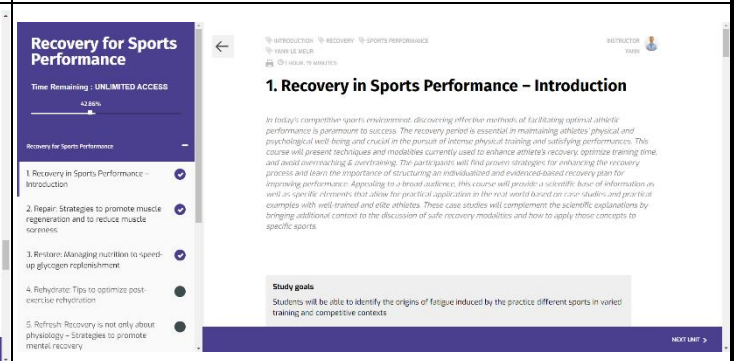
**THE 4 R'S OF RECOVERY** Designed by @YLM\_SportScience

Refuel, Repair, Rehydrate, Relax

Figure 1P - The 4 R's of Recovery

## 課程內容 1\_恢復 4R

## 課程簡介 2\_隨時更新實務恢復最新研究



**Recovery for Sports Performance**

Time Remaining: UNLIMITED ACCESS  
42.86%

Recovery for Sports Performance

### 1. Recovery in Sports Performance - Introduction

In today's competitive sports environment, discovering effective methods of facilitating optimal athletic performance is paramount to success. The recovery period is essential in maintaining athletes' physical and psychological well-being and crucial in the pursuit of intense physical training and satisfying performance. This course will present techniques and modalities currently used to enhance athlete's recovery, optimize training time, and avoid overtraining & overreaching. The participants will find proven strategies for enhancing the recovery process and learn the importance of structuring an individualized and evidence-based recovery plan for improving performance. Applying to a broad audience, this course will provide a suitable base of information as well as specific interviews that allow for practical application in the real world based on case studies and practical examples with well-trained and elite athletes. These case studies will complement the scientific explanations by bringing additional context to the discussion of safe recovery modalities and how to apply those concepts to specific sports.

**Study goals**

Students will be able to identify the origins of fatigue induced by the practice different sports in varied training and competitive contexts

1. Recovery in Sports Performance - Introduction
2. Repair: Strategies to promote muscle regeneration and to reduce muscle soreness
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4. Rehydrate: Tips to optimize post-exercise rehydration
5. Refresh: Recovery is not only about physiology - Strategies to promote mental recovery

## 課程內容 2\_運動恢復策略介紹

## 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：請檢附**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」



**TRAINING LOW ≠ TRAINING ZERO**

Course Status - Physiotutors

study.physiotutors.com/course-status/

Recovery for Sports Performance

Time Remaining : UNLIMITED ACCESS

42.86%

Recovery for Sports Performance

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POINT 3

ATHLETE CAN BENEFIT FROM PRE-TRAINING CAFFEINE INGESTION AND/OR CARBS MOUTH RINSE DURING EXERCISE

Further Studying Material

PREVIOUS UNIT NEXT UNIT

教務處