

著作目錄

註：“*”為「通訊作者」。

(A) 期刊論文：

1. Trevor C. Chen, **Hsin-Lian Chen**, Yi-Chuen Liu & Kazunori Nosaka. (2014 . 05) Eccentric exercise-induced muscle damage of pre-adolescent and adolescent boys in comparison to young men. *European Journal of Applied Physiology*. **114**(6), 1183-1195. (SCI)
2. Trevor C. Chen, Wei-Chin Tseng, Guan-Ling Huang, **Hsin-Lian Chen**, Kou-Wei Tseng, & Kazunori Nosaka. (2013.08) Low-intensity eccentric contractions attenuate muscle damage induced by subsequent maximal eccentric exercise of the knee extensors in the elderly. *European Journal of Applied Physiology*. **113**(4), 1005-1015. (SCI)
3. Trevor C. Chen, **Hsin-Lian Chen**, Ming-Ju Lin, Che-Hsiu Chen, Alan J. Pearce, & Kazunori Nosaka .(2013.06) Effect of two maximal isometric contractions on eccentric exercise-induced muscle damage of the elbow flexors. *European Journal of Applied Physiology*. **113**(6), 1545-1554. (SCI)
4. **Hsin-Lian Chen**, Kazunori Nosaka, Alan J. Pearce, & Trevor C. Chen. (2012.05). Two maximal isometric contractions attenuate themagnitude of eccentric exercise-induced muscledamage. *Appl. Physiol. Nutr. Metab.* **37**, 680–689. (SCI)
5. **Hsin-Lian Chen**, Kazunori Nosaka, Trevor C, Chen. (2012.02). Muscle damage protection by low-intensity eccentric contractions remains for 2 weeks but not 3 weeks. *European Journal of Applied Physiology*. **112**(2) , 555-565. (SCI)
6. Chen T.C., **Chen H.L.**, Pearce A.J., & Kazunori Nosaka. (2012.11). Attenuation of Eccentric Exercise-Induced Muscle Damage by Preconditionong Exercises. *MEDICINE & SCIENCE SPORTS & EXERCISE*. DOI 10.1249/MSS.0b013e31825f69f3. (SCI)
7. 曾曄晉、陳忠慶 & *陳信良。(2012.03)。最大等速離心運動引起肌肉損傷對速度發展率的影響。*體育學報*，45(1)，19-30。(TSCI)
8. **Chen, H.L.**, Wu, C.J., & Chen, T.C. (2011.09). Physiological and notational comparison of new and old scoring systems of singles matches in men’s badminton. *Asian Journal of Physical Education, Health and Recreation*, **17**(1), 6-17. (indexed in Physical Education Index, SIRC Sportdiscus, & EBSCO Publishing)
9. 陳信良、林明儒、柯學謙 & 陳忠慶。(2011.12)。運動引起延遲性肌肉損傷對不同強度跑之攝氧量的影響。*嘉大體育健康休閒期刊*，**10**(3)，178-187。(國科會體育領域三級期刊)

10. 陳信良、曾曄晉、黃冠菱 & 陳忠慶。(2011.12)。肘屈肌群離心運動引起肌肉損傷對肱動脈血管功能的影響。運動生理暨體能學報，**13**，33-45。(國科會體育領域二級期刊)
11. *陳信良、陳忠慶、曾曄晉、林瑞馨 & 曾國維。(2011.08)。離心運動引起延遲性肌肉酸痛對不同肌力及爆發力表現之影響。嘉大體育健康休閒期刊，**10**(2)，249-259。(國科會體育領域三級期刊)
12. Chen, T. C., Lin, K. Y., **Chen, H. L.**, Lin, M. J., & Nosaka, K. (2011.02). Comparison in eccentric exercise-induced muscle damage among four limb muscles. European Journal of Applied Physiology, **111**(2):211-223. DOI:10.1007/s00421-010-1648-7. (NSC 98-2410-H-415-042; **SCI**).
13. Chen, C. H., Nosaka, K., **Chen, H. L.**, Lin, M. J., Tseng, K. W., & Chen, T. C. (2011.03). Effects of flexibility training on eccentric exercise-induced muscle damage of the knee flexors. Medicine & Science in Sports & Exercise, **43**(3):491-500. DOI:10.1249/MSS.0b013e3181f315ad (**SCI**).
14. Chen, T. C., **Chen, H. L.**, Lin, M. J., Wu, C. J., & Nosaka, K. (2010.05). Potent protective effect conferred by four bouts of low intensity eccentric exercise. Medicine & Sciences in Sports & Exercise, **42**(5), 1004-1012. (NSC 97-2410-H-415-036-MY3; **SCI**).
15. Lin, M. J., Chen, T. C., **Chen, H. L.**, Wu, C. J. & Tseng, W. C. (2009.12). Effects of gradient variations on physiological responses to a 30-minute run. Journal of Exercise Science & Fitness, **7**(2), 85-90 (**SCI**).
16. Chen, T. C., Nosaka, K., Lin, M. J., **Chen, H. L.**, & Wu, C. J. (2009.11). Changes in running economy at different intensities following downhill running. Journal of Sports Sciences, **27**(11), 1137-1144 (**SCI**).
17. Chen, C. H., Chen, T. C., **Chen, H. L.**, Lin, M. J., Wu, C. J., & Tseng, K. W. (2009.08). Effects of 8-week static stretch and PNF training on the angle-torque relationship. Journal of Medical & Biological Engineering, **29**(4), 196-201. (**EI/SCI**).
18. Chen, T. C., **Chen, H. L.**, Lin, M. J., Wu, C. J., & Nosaka, K. (2009.05). Muscle damage responses of the elbow flexors to four maximal eccentric exercise bouts performed every four weeks. European Journal of Applied Physiology, **106**, 267-275. (NSC 96-2413-H-415-005; **SCI**).
19. *陳信良、吳昶潤、林明儒、曾國維 & 陳忠慶。(2008.12)。羽球現場多點無氧動力測驗與溫蓋特腳踏車測驗的相關。運動生理暨體能學報，**8**，91-103。

20. 林明儒、陳忠慶、*陳信良 & 吳昶潤。(2008.12)。羽球現場間歇有氧動力測驗對大學男子甲組羽球單、雙打選手的運動表現與生理反應的影響。運動生理暨體能學報，8，35-46。
21. 林明儒、陳信良、吳昶潤、陳忠慶 & 林昆儀。(2008.06)。男子羽球選手上肢等速向心肌力對羽球殺球球速的影響。嘉大體育健康休閒期刊，7(2)，133-141。
22. Chen, H. L., & Chen, T. C. (2008.06). Temporal structure comparison of the new and conventional scoring systems for men's badminton singles in Taiwan. Journal of Exercise Science and Fitness, 6(1), 34-43 (SCI).
23. Chen, T. C., Chen, H. L., Wu, C. J., Lin, M. R., Chen, C. H., Wang, L. I., Wang, S. Y., & Tu, J. H. (2007.12). Changes in running economy following a repeated bout of downhill running. Journal of Exercise Science and Fitness, 5(2), 1-9. (NSC 94-2413-H-415-001; SCI).
24. 陳信良、陳忠慶 & 吳昶潤 (2007.12)。大學男子羽球選手的專項有氧能力評估方式。運動生理暨體能學報，6，71-80。
25. 陳忠慶、陳信良、鍾承融 & 吳昶潤 (2007.06)。不同肌力測驗方式對評估離心運動引起肌肉損傷反應的比較。大專體育學刊，9(2)，117-129。
26. Chen, T. C., Cheung, C. J., Chen, H. L., & Wu, C. J. (2007.06). Effects of a 4-day of low-intensity run after downhill running on recovery of muscle damage and running economy. Journal of Exercise Science and Fitness, 5(1), 24-32 (SCI).
27. 吳昶潤、陳信良、林昆儀 & 陳忠慶。(2006.12)。羽球專項有氧能力測驗的信度考驗。嘉大體育健康休閒期刊，5，66-73。
28. 鍾承融、陳忠慶 & *陳信良。(2006.03)。羽球運動的體能評估方式之初探。中華體育季刊，20(1)，66-74。
29. 陳信良、林玉瓊、王錠堯 & 王順正 (2006)。不同身體質量指數青少年的體能商比較研究。體育學報，39 (1)，1-12。
30. 楊群正、王順正 & 陳信良 (2005)。最大脂肪代謝量運動強度與最大攝氧量的關係研究。臺灣運動生理暨體能學報，3，21-29。
31. 陳忠慶 & 陳信良。(2005.12)。離心運動對血液肌肉蛋白質評估指標的反應。臺灣運動生理暨體能學報，2，1-17。
32. Chen, H. L., & Chen, T. C. (2004.12). Effects of a single bout of intensive eccentric contractions at varying repetitions on muscle damage. Annual Journal of Physical Education and Sports Science, 4, 103-117.
33. *陳信良、吳昶潤 (2004)。運動員的休閒運動。嘉大體育健康休閒期刊，3，97-100。
34. *陳信良、吳昶潤 (2004)。複合式運動訓練法的介紹。嘉大體育健康休閒期刊，3，30-32。
35. 王錠堯、王順正 & 陳信良 (2004)。青少年體能商的理論架構探討。中華體育季刊，18 (4)，98-104。
35. 王錠堯、王順正 & 陳信良 (2004)。青少年體能商與學業成績的關係研究。臺灣運動生理暨體能學報，創刊號，174-186。

(B) 研討會論文：

1. *Chen, H.L., Chen, C.H., Nosaka, K., Lin, M.J., Tseng, K.W., & Chen, T.C. (2011). Flexibility training attenuates eccentric exercise-induced muscle damage. *The 10th of Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF) Annual Congress*. Kaohsiung City, Taiwan.
2. *Chen, H. L., Chen, T. C., Lin, K. Y., Lin, M. J., & Nosaka, K. (2011). Comparison in eccentric exercise-induced muscle damage among four limb muscles. *The 10th of Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF) Annual Congress*. Kaohsiung City, Taiwan.
3. Tseng, W.C., Chen, H.L., Huang, G.L., Wu, C.J., Lin, J.H., Ko, S.C., & Chen, T.C. (2011). Rate of velocity development less decreased following the repeated bout of maximal eccentric exercise. *The 2011 American College of Sports Medicine Annual Meeting [Medicine & Science in Sports & Exercise, 43(Supl. 5), 2011]*.
4. Lin, M.J., Chen, H.L., Tseng, W.C., Ko, S.C., Lin, J.C., & Chen, T.C. (2011). Effect of delayed onset muscle soreness on rate of velocity development of the knee extensors. *The 2011 American College of Sports Medicine Annual Meeting [Medicine & Science in Sports & Exercise, 43(Supl. 5), 2011]*.
5. Chen, T.C., Chen, H.L., & Nosaka, K. (2011). Low-intensity eccentric contractions attenuate muscle damage induced by maximal eccentric contractions for 2 weeks. *The 16th Annual Congress of the European College of Sports Science*.
6. Nosaka, K., Chen, H.L., & Chen, T.C. (2011). Two-maximal isometric contractions attenuate magnitude of eccentric exercise-induced muscle damage. *The 16th Annual Congress of the European College of Sports Science*.
7. Tseng, W.C., Chen, H.L., Lin, J.H., Wu, C.J., & Chen, T.C. (2011). Effect of eccentric exercise on rate of velocity development of knee extensors in older men: a preliminary study. *The 10th of Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF) Annual Congress*. Kaohsiung City, Taiwan.
8. Huang, G.L., Chen, H.L., & Chen, T.C. (2011). Variability in muscle soreness after eccentric exercise and the repeated bout effect. *The 10th of Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF) Annual Congress*. Kaohsiung City, Taiwan.
9. 柯學謙、林明儒、陳信良、陳忠慶。(2011)。不同坡度跑對攝氧量及運動學參數之影響。 *The 10th of Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF) Annual Congress*. Kaohsiung City, Taiwan.
10. Chen, T. C., Lin, K. Y., Chen, H. L., Lin, M. J., Wu, C. J., & Nosaka, K. (2010). Comparison between elbow and knee flexors and extensors for muscle damage induced by

- maximal eccentric exercise. *The 15th Annual Congress of the European College of Sport Science*. Antalya, Turkey.
11. *Chen, H. L., Lin, M. J., Chang, C. C., Wu, C. J., Nosaka, K., & Chen, T. C. (2010). Adaptation effect conferred by repeated bouts of low intensity lengthening exercise. *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 8th SCSEPF Annual Conference)*, Beijing, PR China.
 12. *Chen, H. L., Chen, T. C., Lin, M. J., Lin, J. H., Wu, C. J., & Nosaka, K. (2010). Effect of low intensity of eccentric exercise followed by maximal eccentric exercise on repeated bout effect. *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 8th SCSEPF Annual Conference)*, Beijing, PR China.
 13. *Chen, H. L., Lin, M. J., Wu, C. J., Tseng, W. C., Nosaka, K., & Chen, T. C. (2010). The effects of vigorous physical activity on resting heart rate variability. *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 8th SCSEPF Annual Conference)*, Beijing, PR China.
 14. 曾暉晉、黃冠菱、陳信良、林明儒、吳昶潤 & 陳忠慶。(2010)。離心運動引起肌肉損傷對血流參數的影響。 *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 8th SCSEPF Annual Conference)*, Beijing, PR China.
 15. Lin, M. J., Chen, H. L., Tseng, W. C., Huang, G. L., Ko, S. C., Wu, C. J., Lin, J. H., & Chen, T. C. (2010). Effect of eccentric exercise-induced muscle damage on rate of velocity development among elbow and knee extensors and flexors. *2010 International Conference on Exercise Physiology and Fitness*, Taipei City, Taiwan.
 16. Huang, G. L., Tseng, W. C., Chen, H. L., Lin, M. J., Wu, C. J., Ko, S. C., & Chen, T. C. (2010). Blood flow response of elbow flexors to a repeated bout of maximal eccentric exercise. *2010 International Conference on Exercise Physiology and Fitness*, Taipei City, Taiwan.
 17. Tseng, W. C., Chen, H. L., Lin, M. J., Huang, G. L., Wu, C. J., Lin, J. H., Ko, S. C., & Chen, T. C. (2010). Effect of a repeated bout of isokinetic eccentric training on rate of velocity development of the elbow flexors. *2010 International Conference on Exercise Physiology and Fitness*, Taipei City, Taiwan.
 18. Lin, M. J., Chen, H. L., Wu, C. J., Tseng, W. C., Ko, S. C., Lin, J. C., & Chen, T. C. (2010). Effects of gradient variations on physiological responses to 30-minute run. [Abstract]. *Medicine & Sciences in Sports & Exercise. (SCI). American College of Sports Medicine's 57th Annual Meeting*, Baltimore, Maryland, United States.
 19. 廖華典、陳忠慶、吳昶潤 & 陳信良 (2009)。中藥麥門冬增補對運動表現效益之初探。 *2009 國際體育運動與健康休閒發展趨勢研討會專刊暨大會手冊* (67-74頁； ISBN978-986851671-7)，嘉義，臺灣。
 20. Lin, M. J., Chen, H. L., Wu, C. J., Ko, S. C., Lee, H. J., & Chen, T. C. (2009). Effects of a 30-min run at different gradients on knee stiffness. *The Society of Chinese Scholars on*

- Exercise Physiology and Fitness Annual Conference (The 8th SCSEPF Annual Conference)*, Hong Kong, PR China.
21. Ko, S. C., Hsieh, Y. H., Lin, M. J., **Chen, H. L.**, Wu, C. J., & Chen, T. C. (2009). Changes in the upward drift in oxygen consumption following downhill running. *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 8th SCSEPF Annual Conference)*, Hong Kong, PR China.
 22. Wu, C. J., ***Chen, H. L.**, Hwang, Z. L., & Chen, T. C. (2009). Physiological and notational comparison of new and old scoring systems of single match in men's badminton. *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 8th SCSEPF Annual Conference)*, Hong Kong, PR China.
 23. Chen, T. C., **Chen, H. L.**, Wu, C. J., Lin, M. R., & Lin, T. C. (2008). Effect of variability in muscle damage following eccentric contractions of the elbow flexors on the repeated bout effect. *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 7th SCSEPF Annual Conference)*, Chengdu, PR China.
 24. ***Chen, H. L.**, Lin, M. R., Wu, C. J., & Chen, T. C. (2008). Temporal structure comparison of the new and conventional scoring systems for men's badminton singles in Taiwan. *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 7th SCSEPF Annual Conference)*, Chengdu, PR China.
 25. Wu, C. J., Lin, M. R., **Chen, H. L.**, Chen, T. C. & Lin, T. C. (2008). Effects of aerobic intermittent power test of badminton field for both collegiate men's badminton singles and doubles in Taiwan on performance and physiological indices responses. *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 7th SCSEPF Annual Conference)*, Chengdu, PR China.
 26. 林作慶、林明儒、吳昶潤、陳信良、涂瑞洪 & 陳忠慶 (2008)。協調性對羽球殺球球速的影響。*The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 7th SCSEPF Annual Conference)*, Chengdu, PR China.
 27. Chen, T. C., Nosaka, K., **Chen, H. L.**, Lin, M. R., & Wu, C. J. (2008). Decrease in running economy following downhill running. *The 13rd Annual Congress of the European College of Sport Science*. Estoril, Portugal.
 28. 林明儒、陳忠慶、陳信良、吳昶潤、林昆儀 & 林作慶。(2008)。不同坡度跑對力學參數的影響。*2008 台灣運動生理與體能領域學術研討會*。中興大學：台中。
 29. ***陳信良**、吳昶潤、林明儒、曾國維、林昆儀、張佳佳 & 陳忠慶。(2008)。羽球現場多點無氧動力測驗與溫蓋特腳踏車測驗的相關。*2008 台灣運動生理與體能領域學術研討會*。中興大學：台中。
 30. ***陳信良**、林明儒、吳昶潤、陳忠慶 & 林作慶。(2008)。羽球現場間歇有氧動力測驗對大學男子甲組羽球單、雙打選手的運動表現與生理反應的影響。*2008 台灣運動生理與體能領域學術研討會*。中興大學：台中。

31. 吳昶潤、陳信良、林明儒、陳忠慶、林昆儀 & 林作慶 (2008)。羽球現場無氧動力的評估方式。2008年台灣運動生理暨體能學會年會及學術研討會論文集，口頭發表，129頁。
32. 林明儒、陳忠慶、陳信良、吳昶潤、林昆儀 & 林作慶 (2008)。不同坡度跑對生理及力學評估指標反應的影響。2008年國際體育運動與健康休閒發展趨勢研討會專刊，122頁。
33. Chen, T. C., Nosaka, K, Wu, C. C., **Chen, H. L.**, & Chung, C. J. (2007). Effects of daily 30-min run at different intensities on recovery from downhill running. *Medicine and Science in Sports and Exercise*, 39(5 Suppl.), S39.
35. 林明儒、陳忠慶、陳信良、吳昶潤、黃姿綾、張佳佳 & 林昆儀。(2007)。不同坡度跑對生理評估指標反應的影響。*The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 6th SCSEPF Annual Conference)*, GuangZhou, PR China.
36. 吳昶潤、陳忠慶、陳信良、林明儒、張佳佳、黃姿綾 & 林昆儀 (2007)。不同強度的跑步經濟性測驗對肌肉損傷的影響。*The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 6th SCSEPF Annual Conference)*, Guangzhou, PR China.
37. 林昆儀、陳忠慶、陳信良、吳昶潤、林明儒、張佳佳 & 黃姿綾。(2007)。男子羽球選手專項無氧運動能力的評估方式。*The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 6th SCSEPF Annual Conference)*, GuangZhou, PR China.
38. Chen, T. C., Nosaka, K., **Chen, H. L.**, Wu, C. J., Lin, M. R., Huang, T. L., & Lin, K. Y. (2007). Effects of number of eccentric exercise of the elbow flexors on recovery of muscle damage. *The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 6th SCSEPF Annual Conference)*, GuangZhou, PR China.
39. 林明儒、陳忠慶、張佳佳、曾瑋晉、陳冠傑、黃姿綾、謝欣玫、游育霖、陳信良 & 吳昶潤。不同坡度跑對攝氧量反應的影響。2007國際運動生理暨體能領域學術研討會會議手冊暨論文集，104-105頁。
40. 鍾承融、陳忠慶、陳冠傑、曾瑋晉、游育霖、黃姿綾、陳信良 & 吳昶潤。等速離心收縮訓練對肌電訊號延遲的影響。2007國際運動生理暨體能領域學術研討會會議手冊暨論文集，106頁。
42. 黃姿綾、陳信良、林明儒、陳冠傑、鍾承融、吳昶潤 & 陳忠慶。大學男子甲組羽球單打新、舊賽制的時間結構分析。2007國際運動生理暨體能領域學術研討會會議手冊暨論文集，103頁。
43. 曾瑋晉、游育霖、陳冠傑、陳忠慶、陳信良、吳昶潤、林明儒、張佳佳、謝欣玫 & 李恆儒。(2007)。不同強度跑對引起肌肉損傷時之跑步經濟性的影響。2007國際運動生理暨體能領域學術研討會會議手冊暨論文集，136頁。

44. 張佳佳、陳忠慶、陳信良 & 吳昶潤。(2007)。羽球現場持拍與搬球無氧能力測驗之分析。2007年國際運動生理暨體能學術領域研討會手冊，124-125頁。
45. Chung, C. J., Chen, H. L., Wu, C. J., & Chen, T. C. (2006). EMG signal shifts during repeated isokinetic knee movements in elite badminton athletes. ACSM Conference on Integrative Physiology of Exercise. Indianapolis, IN: U.S.A.
46. 林明儒、陳信良、吳昶潤 & 陳忠慶。(2006)。男子羽球選手上肢等速肌力與殺球球速之間的相關。The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 5th SCSEPF Annual Conference), Tianjin, PR China.
47. 陳哲修、陳忠慶、謝欣玫、陳信良 & 林明儒。(2006)。長期不同伸展訓練對柔軟度維持效果的影響。The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 5th SCSEPF Annual Conference), Tianjin, PR China.
48. Chen, T. C., Cheung, C. L., Chang, C. C., & Chen, H. L. (2006). Effects of a 4-day of low intensity run after downhill running on recovery of muscle damage and running economy. The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 5th SCSEPF Annual Conference), Tianjin, PR China.
49. 張佳佳、陳忠慶、陳信良 & 吳昶潤。(2006)。羽球現場持拍與搬球無氧能力測驗之分析。2006年臺灣運動生理與體能領域學術研討會。
50. 林昆儀、陳信良、吳昶潤 & 陳忠慶。(2006)。羽球持拍無氧能力測驗的信度考驗。2006年臺灣運動生理與體能領域學術研討會。
51. 謝欣玫、曾國維、陳信良、吳昶潤 & 陳忠慶。(2006)。羽球現場3、4、6點與無氧動力固定30秒測驗之間的相關性。2006年臺灣運動生理與體能領域學術研討會。
52. 鍾承融、陳信良、吳昶潤 & 陳忠慶。(2006)。羽球選手下肢等速肌力疲勞測驗的肌電反應特性。2006年臺灣運動生理與體能領域學術研討會。
53. 陳哲修、陳信良、吳昶潤 & 陳忠慶。(2005)。男女羽球選手對專項有氧能力測驗後的心跳恢復能力之比較。The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 4th SCSEPF Annual Conference), Taipei City, Taiwan.
54. 張佳佳、陳信良、陳忠慶 & 吳昶潤。(2005)。羽球專項有氧能力測驗對男女羽球選手的差異比較。The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 4th SCSEPF Annual Conference), Taipei City, Taiwan.
55. 鍾承融、陳信良、陳忠慶 & 吳昶潤。(2005)。羽球專項有氧能力測驗的生理反應之初探。The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 4th SCSEPF Annual Conference), Taipei City, Taiwan.
56. 林明儒、陳信良、陳忠慶 & 吳昶潤。(2005)。羽球專項有氧能力測驗的生理反應之初探。The Society of Chinese Scholars on Exercise Physiology and Fitness Annual Conference (The 4th SCSEPF Annual Conference), Taipei City, Taiwan.

57. 張佳佳、林昆儀、**陳信良**、吳昶潤、鍾承融、陳哲修、林明儒 & 陳忠慶 (2005)。羽球專項有氧能力測驗方式之評估。2005年臺灣運動生理與體能領域學術研討會會議手冊，7頁。
58. 鍾承融、陳忠慶、**陳信良**、吳昶潤、林明儒、張佳佳、林昆儀 & 陳哲修 (2005)。羽球運動的體能評估方式之探討。2005年臺灣運動生理與體能領域學術研討會會議手冊，75頁。
59. 陳哲修、**陳信良**、吳昶潤、鍾承融、張佳佳、林昆儀、林明儒 & 陳忠慶 (2005)。間歇跑步與羽球3、6、9拍間歇有氧能力測驗之間的相關性。2005年臺灣運動生理與體能領域學術研討會會議手冊，74頁。
60. 王錠堯、**陳信良** & 王順正。(2004)。體能商與智商對學業成績的逐步迴歸解釋力。中華民國體育學會九十三年度學術論文發表會。
61. 王錠堯、**陳信良**、王順正。(2004)。資賦優異學生體能商的調查研究。2004國際體適能學術研討會。
62. 楊群正、王順正 & **陳信良**。(2004)。最大脂肪代謝量運動強度與最大攝氧量的關係研究。第三屆華人運動生理與體適能學者學會年會暨學術發表會。
63. 王錠堯、王順正 & **陳信良**。(2004)。青少年體能商與智商的相關研究。第三屆華人運動生理與體適能學者學會年會暨學術發表會。
64. 王錠堯、王順正 & **陳信良**。(2004)。體能商在運動績優、資賦優異與一般學生的比較研究-以嘉義縣、市青少年女性為例。2004台灣運動生理暨體能學會年會暨學術研討會。

研究獎勵

1. 陳忠慶、陳哲修、曾國維、林明儒 & **陳信良**。(2011)。Effects of flexibility training on eccentric exercise-induced muscle damage. (行政院體委會 100 年度運動科學研究及發展優等獎)。
2. 陳哲修、**陳信良**、曾國維、吳昶潤、林明儒 & 陳忠慶。(2009)。Effects of 8-week static stretch and PNF training on the angle-torque relationship. (行政院體委會 99 年度運動科學研究及發展優等獎)。
3. 陳忠慶、**陳信良**、吳昶潤 & 林明儒。(2009)。Changes in running economy at different intensities following downhill running. (行政院體委會 99 年度運動科學研究及發展甲等獎)。

4. 楊群正、王順正 & 陳信良。(2004)。最大脂肪代謝量運動強度與最大攝氧量的關係研究。2004 運動科學研究及發展獎勵獲獎專輯。(行政院體委會九十三年度運動科學研究及發展獎)

論文發表獎勵

1. *Chen, H.L., Chen, C.H., Nosaka, K., Lin, M.J., Tseng, K.W., & Chen, T.C. (2011). Flexibility training attenuates eccentric exercise-induced muscle damage. (第十屆華人運動生理及體適能學者學會 / 2011 台灣運動生理暨體能學會年會暨學術研討會獲選最佳論文獎)。
2. Huang, G.L., Chen, H.L., & Chen, T.C. (2011). Variability in muscle soreness after eccentric exercise and the repeated bout effect. (第十屆華人運動生理及體適能學者學會 / 2011 台灣運動生理暨體能學會年會暨學術研討會獲選最佳論文獎)。
3. 柯學謙、林明儒、陳信良 & 陳忠慶。(2011)。不同坡度跑對攝氧量及運動學參數之影響。(第十屆華人運動生理及體適能學者學會 / 2011 台灣運動生理暨體能學會年會暨學術研討會獲選最佳論文獎)。
4. 林明儒、陳信良、曾暉晉、黃冠菱、柯學謙、吳昶潤、林瑞馨 & 陳忠慶。(2010)。運動引起肌肉損傷對於肘與膝屈伸肌的加速度之影響。(2010 年國際運動生理及體能領域學術研討會獲選最佳論文獎)。
5. 曾暉晉、游育霖、陳冠傑、陳忠慶、陳信良、吳昶潤、林明儒、張佳佳、謝欣玫 & 李恆儒。(2007)。不同強度跑對引起肌肉損傷時之跑步經濟性的影響。(2007 年國際運動生理與體能領域學術研討會獲選最佳論文獎)。
6. 鍾承融、陳忠慶、陳冠傑、曾暉晉、游育霖、黃姿綾、陳信良 & 吳昶潤。等速離心收縮訓練對肌電訊號延遲的影響。不同強度跑對引起肌肉損傷時之跑步經濟性的影響。(2007 年國際運動生理與體能領域學術研討會獲選最佳論文獎)。

執行專題研究計畫

1. 陳信良 (主持人)、黃啟煌 & 吳昶潤。(2010/04/23~2011/04/22)。運動人材中長程培育計畫—建立運動種類選項機制暨建立選才機制研究案。
Sac-Exc-99-01-0(99A2-039)。

國科會專題研究成果

1. 陳忠慶 & 陳信良 (共同主持人)。(2011/08/01~2013/07/31)。人體膝屈和伸肌群做低負荷離心訓練對引起重複訓練效應之效果評估。：NSC 100-2628-H-415 -001 -MY2
2. 陳忠慶 & 陳信良 (共同主持人)。(2008/08/01~2011/07/31)。肱二頭肌低強度離心訓練對降低最大離心運動引起肌肉損傷的影響。NSC 97-2410-H-415-036 -MY3。
3. 陳忠慶 & 陳信良 (共同主持人)。(2009/08/01~2010/07/31)。手與腿部不同肌群離心運動引起肌肉損傷之比較。NSC 98-2410-H-415-042-。
4. 陳忠慶 & 陳信良 (共同主持人)。(2006/08/01~2007/07/31)。肌肉離心收縮訓練效果的評估(I)。NSC 95-2413-H-415-012。