

教育部經費補助博士生出國出席國際會議報告

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出席會議中文名稱：第十四屆歐洲運動科學研討會

出席會議英文名稱：14th Annual Congress of the EUROPEAN COLLEGE OF SPORT SCIENCE

會議舉辦時間：2009年06月24日起至06月27日

會議舉行地點：挪威奧斯陸(Oslo/Norway)

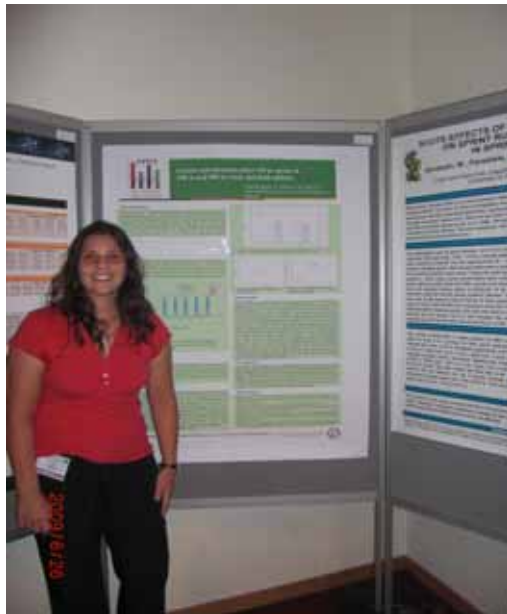
一、參加會議經過

The 14th annual congress of the EUROPEAN COLLEGE OF SPORT SCIENCE was held in Oslo/Norway this year from June 24th to June 27th.

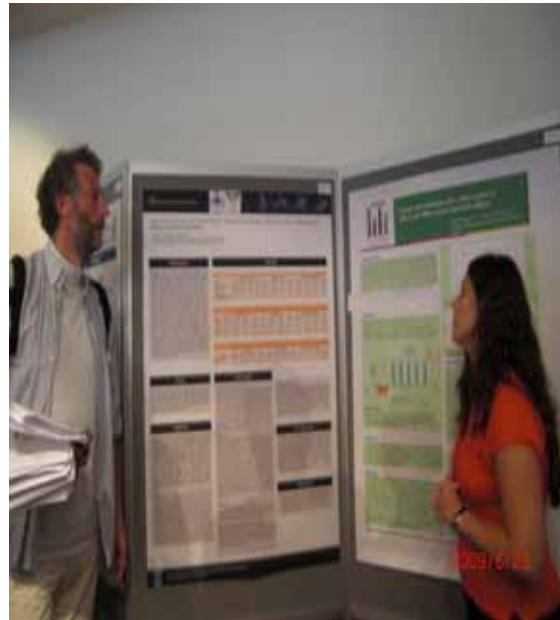
Participating at a big congress is a good way to get new information and ideas about different fields from sport science to education and even sport ecology. A congress gives researcher the possibility to communicate with experienced scientists and specialists. Since the congress was held in Europe, flight tickets were very expensive. A ticket from Taiwan to Oslo was around 54000 TWD a ticket to Germany on the other hand was available for 29000 TWD. Since there are many small airlines offering cheap tickets within Europe, we decided to fly to Germany first and stay at my parents place for 3 days before flying to Scandinavia. Cheap airfares are available from Norwegian airlines, Ryanair, Germanwings, Wizz air and others. We arrived in Oslo at 10 o'clock in the morning. Since there were 3 of us it was cheaper to rent an apartment in Oslo (Oslo apartments) than staying in a hotel. Our apartment was located near the Aggerbryke around 30 minutes walking distance to the congress center.

The congress started on the 24th June. In the morning we had to do the registration. My poster session was scheduled on the 26th June in the MØLLER room. Altogether there were two different rooms available for poster presentations the MØLLER and the HENRIK room. Poster presentations were held from 2:15 to 3:15. At 2:15 the chairman was explaining the procedure of the poster presentation. Presentations had to be done in English and within the time limit of 2 minutes. Afterwards the poster was open for questions. This way around 5 chairman were present in each room and were organizing the presentation of 8-15 posters. My category was Testing and Training. The title of my poster was LACTATE AND AMMONIA AFTER 150M SPRINT IN 200M AND 400M TRACK AND FIELD ATHLETES.

So after the presentation only the chairman asked 2 questions about how we define anaerobic capacity and which way the outcome of my study can help trainers or be interesting for training methods.



海報發表



海報發表過程

二、與會心得

The congress had a lot of different topics it was concerned with : Sports 、 Health and Fitness 、 Psychology 、 Physical Education and Pedagogics 、 Sports Medicine 、 Sociology 、 Nutrition and training adaptations 、 Nutrition 、 Sport Statistics & Analyses 、 Rehabilitation 、 Physiotherapy 、 Coaching 、 Biomechanics 、 Training and Testing 、 Sport Management 、 Physiology.....to mention some of them. So after the registration I looked through the schedule and marked different oral and poster presentations I was interested in. Since there were 74 oral presentations and over 870 poster presentations, a lot of presentations were held at the same time, so it is wise to create a time table for oneself. I was very interested in studies about balance in older adults and balance studies in general, so on Wednesday for example I was listening to 2 oral presentations 14:15 OP-HF04-2 : THE EFFECT OF EXERCISE ON FALL-RELATED PHYSICAL FITNESS AND VARIOUS CHARACTERISTICS OF CHRONIC PAIN IN OLDER ELDERLY KANG, H. [Korea, South] 14:30 OP-HF04-3: USING CHALLENGING, NATURAL ENVIRONMENTS TO ENHANCE BALANCE PERFORMANCE IN THE ELDERLY Adler, H. et al [Germany]. The questions after the presentations were very interesting because they also helped me to understand the procedure of scientific research – questioning method and goals of research- . I also listened to physiological, neurological and

educational researched out of interest. The presentations were also interesting to see how other projects were organized, which tests were used and what the outcomes of the tests were. The questions also helped to develop a critical thinking of presentations.

I would also recommend the plenary sessions which were usually held between 12 and 13:15. They were very interesting because there were different scientists who talked about a certain field of sport science from different perspectives. So for example the plenary session about physical education:

Physical Education - Bildung or Health Promotion? CHAIR: BRETTSCHEIDER, W. [GERMANY]

12:00 PS-PL02-1 PHYSICAL EDUCATION'S ROLE IN PHYSICAL ACTIVITY AND HEALTH PROMOTION McKenzie, T.L. [United States]

12:35 PS-PL02-2 THE EDUCATIONAL BENEFITS CLAIMED FOR PHYSICAL EDUCATION O'Sullivan, M. [Ireland]

Here McKenzie discussing the necessity of physical education to promote health and health education for our society and O'Sullivan on the other hand pointing out that physical education can not be reduced to health promotion only and give it the incredible responsibility to be responsible for the future health of the population.

This was the first time that I participated at the ECSS. I think this congress is special in so far as the poster presentations include an oral presentation of 2 minutes and question time. The congress I participated before did not ask for any presentation but rather to be at hand if people are interested in your research. So I had the feeling that there was a lot of pressure in presenting the poster within only two minutes to a couple of audience – almost like an oral presentation-. However, I also think that it was a very good experience.

三、建議

I think that it was very interesting to participate at this congress because this way it was possible to see what kind of research people all over the world are involved with as well as communicate with young and old scientists and exchange ideas and make friends. It is a great way to get to know different cultures and communicate with them.

But since this congress is held in Europe which is very expensive because of the long distance flight and the expenses in Europe, I would suggest to think about a higher support. It is hard for student to raise the money needed to participate in a European congress. Also considering that a poster presentation includes an oral presentation and considering the fact that from 1400 participants only 74 orals were

granted, one should also think about the different amount of support granted for either oral or poster presentation.

四、攜回資料名稱與內容

- A CD of abstracts from the congress and the schedule
- Information about training and measurement equipment
- Poster abstracts from presentations