

# 教育部補助出席國際會出國報告書

## 會議名稱

### 第四屆亞太運動科學會議

4th Asia-Pacific Conference on Exercise and Sports Science & 8th  
International Sports Science Conference

## 發表題目

Human Backward Locomotion Analysis in the Different  
Level

會議時間:2009 年 7 月 15日- 17 日

會議地點: Kota Bharu , Kelantan , Malaysia

報告者：體育研究所博士生 林信良

## 一、參加會議經過

4th Asia-Pacific Conference on Exercise and Sports Science & 8th International Sports Science Conference 於 7 月 15 日至 7 月 19 日在馬來西亞吉蘭丹省之哥達吧魯舉行。會議主題相當廣泛，包含：Biomechanics、Dance Education and Movement Science、Exercise Physiology and Sport Nutrition、Leisure and Wellness, Health and Fitness, Health Promotion、Information and Instructional Technology in Physical Education and Sports、Martial Arts Science、Motor Control and Learning、Motor Development, Fundamental Movement, Physical Activity and Children、Physical Education、Pedagogy, Curriculum Development、Sport and Exercise for Elderly、Sport and Exercise for Special Population、Sport Coaching and Training Science、Sport History、Sport Philosophy、Sport Politics、Sport Psychophysiology、Sport Psychology、Sport Management、Sport Medicine、Sport Sociology 和 Talent Identification and Sports Training in Young Athletes

在此次會議中，本人參與會議 Biomechanics 議題之研討，此議題延續了共 2 天的議程，本人於相關論文發表中獲益良多。此次會議中，本人於 7 月 16 日中午 12：00-13：00 的會議當中進行研究成果報告。在本人的整個報告過程亦相當順利，也認識了許多相關領域的人員。

## 二、與會心得

此行的經驗對於我個人來說意義很深，因為這是我第一次出國參加國際研討會，面對的不僅是以英文發表論文的挑戰，更是自我國際性研討會的簡報經驗以及自信的培養。此外在國外期間的生活體驗亦增加了不少個人視野，無論在都市建築、風俗民情與學術研究上，都帶給我個人相當多的體驗。客觀的來說，這是我人生的一小步，但對我而言，確是我人生的一大步。最後，本人獲得經費補助出國參加國際研討會，感謝教育部與學校之評審委員，讓我能在有限時間之內，完成研究，並且順利完成此項任務。

本次大會共有 244 篇文章被接受，其中口頭發表的部分約僅有 95 篇，所以能夠被大會選為口頭發表文章，令本人倍感光榮，在國內攻讀博士班的研究生最需要加強的部分就是英文閱讀及口說的部分，所以能夠參與大型的研討會不僅可以訓練研究生與外國人士的交流，同時也可以觀察到國際上目前比較熱門的研究主題，可以進一步的將想法帶回國內進行研究。除了研討會本身外，其他出國發表的附帶價值包括深入的瞭解外國的生活文化，可以增進國內研究生的視野，也給予國內研究生未來進一步到國外進修的動力。

## 三、建議

- 1、對於日後參加國際會議學者的建議：出國發表研究成果前，可多準備個人相關資料（例如：個人名片、研究成果論文簡介以及相關研究報告介紹等）以便會後進一步進行個人交談與討論時，能充分自我推銷與推薦，以達學術交流之目的，並在回國後方便彼此間之國際交流與互動。研究並不只是自我陶醉，與他人進行討論亦是一種激勵研究思緒的好方法，因此仍建議國內研究生有機會要參加國際研討會，感覺國際間研究者努力的成果，以激勵自我的成長。
- 2、補助國內博士班學生參加國際研討會是相當值得鼓勵的做法，一方面培養學生之語文能力，另一方面唯有多與國外學者進行學術交流，才能讓國內學術研究更具國際競爭力。從補助之經費角度來看，研究生若補助部分機票與生活費用，其經費預算實屬相當寬鬆，因此鼓勵國家學術研究機構，多增加補助名額，讓更多國內研究生能受惠。
- 3、希望台灣也能多舉辦大型國際會議，邀請多國知名之學者進行學術交流，以提升研究方面之啟發。

四、攜回資料名稱及內容：研討會刊物一本，內容包含口頭報告與海報發表的題目，概括全部的演講者姓名、演講題，並收錄口頭與海報發表的摘要於內。

五、其他本人要特別感謝教育部的經費支援協助讓本人順利參與本次會議，以及感謝國立臺灣體育大學研究發展處的行政協助，在此特表謝意。

# Programme & Abstract Book

## INTERNATIONAL SPORTS SCIENCE CONFERENCE

### 4<sup>th</sup> Asia-Pacific Conference on Exercise and Sports Science & 8<sup>th</sup> International Sports Science Conference



**Theme:**  
Integration of Exercise and Sports Sciences, Physical Activity and Training for Sports Performance and Health

**July 15-17, 2009**  
Kota Bharu, Kelantan, Malaysia

Jointly organised by:  
Sports Science Unit, School of Medical Sciences and Exercise and Sports Science Programme  
Health Campus, Universiti Sains Malaysia  
Kubang Keran, Kelantan, Malaysia and  
Asian Council of Exercise & Sports Science

Organised by:



Admitted by:



ICSSPE

Joint Conference: 4<sup>th</sup> Asia-Pacific Conference on Exercise and Sports Science & 8<sup>th</sup> International Sports Science Conference

#### Conference Programme

| Day 1<br>15th July 2009                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------|----------------|----|----|-------------------------------------------------------------------------------------------------------|----------------|----------------|----|----|
| 8:00 am-9:00 am                                                                                 | REGISTRATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 9:00 am-10:00 am                                                                                | CHAIRPERSON: Prof. Dr. Ming-kai Chin<br>KEYNOTE ADDRESS 1: Prof. Dr. Gudrun Doll Tepper<br>(Free University, Germany)<br>"The Current Trends and Future Directions of Physical Education and Sports Science: An International Perspective"                                                                                                                                                                                                                                                                         |                                                                                                                                                                        | PS 1/2                               |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 10:00 am-11:00 am                                                                               | OPENING CEREMONY, CULTURAL DANCE, PHOTO SESSION                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                        | PS 1/2                               |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 11:00 am-11:30 am                                                                               | TEA / Fixing the posters for session 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 11:30 am-12:15 am                                                                               | CHAIRPERSON: Assoc. Prof. Dr. Asok Kumar Ghosh<br>INVITED LECTURE 1: Prof. Dr. Yang Zeyi<br>(China Research Institute of Sports Medicine, China)<br>"A Fitness Evaluation and Nutrition Support System for Athletes"                                                                                                                                                                                                                                                                                               |                                                                                                                                                                        | PS 1/2                               |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 12:15 pm-1:00 pm                                                                                | INVITED LECTURE 2: Assoc. Prof. Dr. Shihui Chen<br>(Hong Kong Institute of Education, Hong Kong, China)<br>"Information Technology and Generic Skills in Education"                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                        | PS 1/2                               |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 1:00 pm - 2:00 pm                                                                               | LUNCH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 2:00 pm - 3:00 pm                                                                               | CHAIRPERSON: Dr. Oleksandr Kraslichikov<br>KEYNOTE ADDRESS 2: Prof. Dr. Raimondarjet Singh<br>(Universiti Sains Malaysia, Penang, Malaysia)<br>"Exercise for Bone Health"                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                        | PS 1/2                               |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 3:00 pm - 3:45 pm                                                                               | INVITED LECTURE 3: Prof. Dr. Herbert Haug<br>(University of Keul, Germany)<br>"International Perspectives of Sports Science in Europe"                                                                                                                                                                                                                                                                                                                                                                             | PS 1/2                                                                                                                                                                 | ACCESS Executive Board Meeting<br>DS |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 3:45 pm - 4:30 pm                                                                               | TEA & POSTER SESSION 1 (Abstracts No. 1 - 75)                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| 4:30 pm - 6:30 pm                                                                               | Symposia and Oral Sessions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
|                                                                                                 | <table><tr><td>SYMPOSIUM 1</td><td>SYMPOSIUM 2</td><td>SYMPOSIUM 3</td></tr><tr><td>Topic: Sports Psychology<br/>Chairperson: Prof. Dr. Jin Wang<br/>(Kennesaw State University, USA)</td><td>Topic: Exercise Physiology<br/>Chairperson: Prof. Dr. G. L. Khanna<br/>(Faridabad Institute of Technology, India)</td><td>Topic: Adapted Physical Education<br/>Chairperson: Assoc. Prof. Dr. Teo-Koh Sock Ming<br/>(National Institute of Education, Nanyang Technological University, Singapore)</td></tr></table> | SYMPOSIUM 1                                                                                                                                                            | SYMPOSIUM 2                          | SYMPOSIUM 3 | Topic: Sports Psychology<br>Chairperson: Prof. Dr. Jin Wang<br>(Kennesaw State University, USA) | Topic: Exercise Physiology<br>Chairperson: Prof. Dr. G. L. Khanna<br>(Faridabad Institute of Technology, India) | Topic: Adapted Physical Education<br>Chairperson: Assoc. Prof. Dr. Teo-Koh Sock Ming<br>(National Institute of Education, Nanyang Technological University, Singapore) | <table><tr><td>Oral Session 1</td><td>Oral Session 2</td></tr><tr><td>DW</td><td>DC</td></tr></table> | Oral Session 1 | Oral Session 2 | DW | DC | <table><tr><td>Oral Session 3</td><td>Oral Session 4</td></tr><tr><td>DW</td><td>DC</td></tr></table> | Oral Session 3 | Oral Session 4 | DW | DC |
| SYMPOSIUM 1                                                                                     | SYMPOSIUM 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | SYMPOSIUM 3                                                                                                                                                            |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
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| Oral Session 1                                                                                  | Oral Session 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| DW                                                                                              | DC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| Oral Session 3                                                                                  | Oral Session 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
| DW                                                                                              | DC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                        |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |
|                                                                                                 | PS 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | PS 3                                                                                                                                                                   |                                      |             |                                                                                                 |                                                                                                                 |                                                                                                                                                                        |                                                                                                       |                |                |    |    |                                                                                                       |                |                |    |    |

PS 1 : Putri Saadong 1  
PS 2 : Putri Saadong 2  
PS 3 : Putri Saadong 3

DS : Dewan Sekebum Bunga  
DW : Dewan Wau  
DC : Dewan Congkak

**Conference Programme**  
**Day 3** **17th July 2009**

|                     |                                                                                                                                                                                                                                                        |        |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 8:00 am – 8:45 am   | CHAIRPERSON : Dr. Ooi Foong Kiew<br>INVITED LECTURE 6: Prof. Dr. Ming-kai Chin<br>(University of Northern Iowa, USA)<br>"Global Trends of Epidemic Obesity in School and Community: Current Issues on Causes, Consequences, Prevention and Management" | PS 1/2 |
| 8:45 am – 9:30 am   | INVITED LECTURE 7: Prof. Dr. Nor Hayati Othman<br>(Universiti Sains Malaysia, Malaysia)<br>"Exercise and Cancer – A Reciprocal Relationship"                                                                                                           | PS 1/2 |
| 9:30 am – 10:00 am  | ACCESS Annual General Meeting                                                                                                                                                                                                                          | PS 1/2 |
| 10:00 am – 10:15 am | TEA                                                                                                                                                                                                                                                    |        |

| Symposia and Oral Sessions |                                                                                                                           |                                                                                                                                     |                       |                       |                       |
|----------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|
| 10:15 am – 12:15 pm        | <b>SYMPOSIUM 7</b><br>Topic: Biomechanics<br>Chairperson:<br>Prof. Dr. Kazuhiko Watanabe<br>(Hiroshima University, Japan) | <b>SYMPOSIUM 8</b><br>Topic: Coaching Science<br>Chairperson:<br>Prof. Dr. Iradge Atrabi Fard<br>(University of Northern Iowa, USA) | Oral Session 14<br>DS | Oral Session 15<br>DW | Oral Session 16<br>DC |
|                            | <b>PS 1</b>                                                                                                               | <b>PS 3</b>                                                                                                                         | Oral Session 17<br>DS | Oral Session 18<br>DW | Oral Session 19<br>DC |
| 12:15pm – 12:45pm          | CLOSING CEREMONY                                                                                                          |                                                                                                                                     |                       |                       |                       |
| 12:45pm – 2:00pm           | LUNCH                                                                                                                     |                                                                                                                                     |                       |                       |                       |

PS 1 : Putri Sa'adong 1  
PS 2 : Putri Sa'adong 2  
PS 3 : Putri Sa'adong 3  
DS : Dewan Sekebun Bunga  
DW : Dewan Wau  
DC : Dewan Congkak

**Conference Programme**  
**Day 3** **17th July 2009**

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| 12:45pm – 2:00pm           | LUNCH                                                                                                                     |                                                                                                                                     |                       |                       |                       |

PS 1 : Putri Sa'adong 1  
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DC : Dewan Congkak

ORAL PRESENTATIONS

Human Backward Locomotion Analysis in the Different Level

Shen-Liang Lin<sup>1</sup>, H-Lin Wang<sup>1</sup>, Cheng-Tung Yen<sup>2</sup>

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The purpose of this study was to investigate the different level treadmill during the back locomotion. Backward walking is used increasingly as a rehabilitation technique for individuals with neurological and orthopaedic impairments (Lalor & Y 2003). Backward locomotion was good for rehabilitation technique. Ten participants (age 21.5±0.52 years) volunteered to participate in the study and underwent the following test before. We used a force platform using the Vicon analysis system to define stand phase and swing phase. Using Biopac mp100 record surface EMG(1000 sampling frequency). We recorded backward walked in different level(0°-90°). EMG activities were recorded from the following muscles: Rectus Femoris, Vastus Lateralis, Vastus Medialis, Biceps Femoris, Semitendinosus, Gastrocnemius and Tibialis Anterior. All trial we was static standing on the treadmill. We use linear envelope to see the muscle activities. During the stand phase the muscle activity turn was BF, RF, GT, TA, VL and VM. There was muscle co-contraction in BF and TA. During the swing phase the muscle activity turn was BF, RF, GT, TA, VL and VM. There was muscle co-contraction in BF and RF(69%) GT and TA(70%) and VL and VM(90%). When we increase the treadmill level, we find the muscle co-contraction was RF, VL and VM(90%) and BF and ST(80%).

**Key words:** Locomotion, Different Level

Dynamic Postural Control in Top Cheerleader

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Well postural control (PC) and precise body movement are very important for top cheerleader because they have to perform precise and dynamic movement. The purpose of this study was to evaluate the characteristics of postural control and dynamic movement in top cheerleader. The purpose of this study was to evaluate the characteristics of postural control (LOS) in top cheerleader. Eighteen elite top cheerleaders (age: 18.4±2.5 yr, ht: 157.2±4.6 cm, wt: 44.2±5.3 kg) and 12 sedentary college students (age: 19.8±1.0 yr, ht: 160.0±4.0 cm, wt: 49.1±5.3 kg) without lower limb injury volunteered to participate this study. The LOS was evaluated by Biodex Balance System with the level 0 and level 2. The independent t test was used to compare the difference of each parameter during two levels between groups. The results showed that: 1) during level 0 testing, elite top person had significant higher LOS scores in forward, forward-left, forward-right and right direction than sedentary college students in most directions except in left (Fig 2). This study demonstrated that elite top cheerleader indeed have significantly better PC than sedentary population, especially during the unstable situation.

**Key words:** Neuromuscular Control, Balance control, Limit of stability

Gender Power Relations and Globalization: Connecting Women's Leisure Experience to Society

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The main aim of the paper is to explore how do women deal with the changes and challenges of global culture and their claim with tradition, and what impact it has on their leisure practice. This paper is built on previous works that had looked at the factors that constrain women's leisure opportunities in the globe. It attempts to develop a comprehensive understanding of the constraining factors, particularly changing constraints that have enabled and constrained leisure activities. It stresses how these are manifested in a society, and what is more, it seeks to address in greater depth the impact of globalization on women's participation rate in leisure. The research seeks to improve to women's status in the world. The major argument presented in this research will be that most research into leisure reflects men's experience of leisure forms and activities, substantively, leisure is often a missing element in women's lives in the global sense.

**Key words:** cultural studies; feminist approach; women's leisure



附件二 研討會開幕式 以及口頭發表實景



