

# 整合運動生理與老化實驗室

*Integrative Exercise Physiology  
and Aging Laboratory (IEPAL)*

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運動/身體活動

免疫系統

身體組成

肌肉骨骼系統

心血管系統

活躍老化

慢性疾病預防與  
健康促進

# 特色

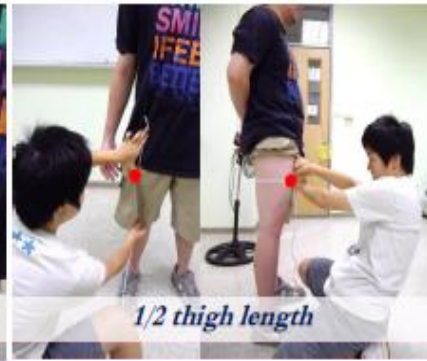
結合跨領域研究方法、策略以及資源解決問題



1/2 upper arm length



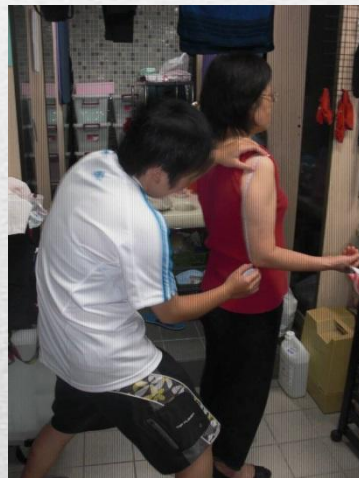
proximal 1/3 forearm length



1/2 thigh length



proximal 1/3 leg length



# 研究技術-身體組成測量

體圍、生物電阻法、皮脂厚度、超音波檢測



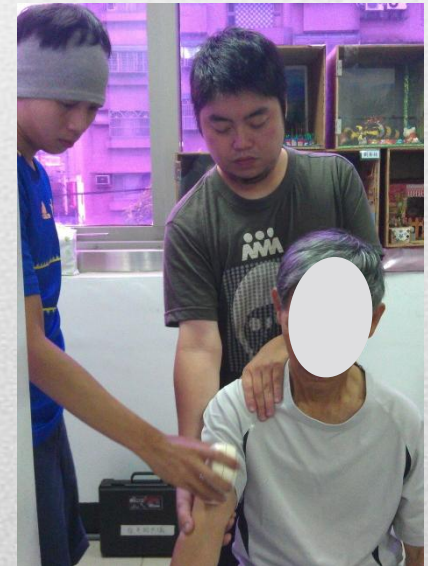
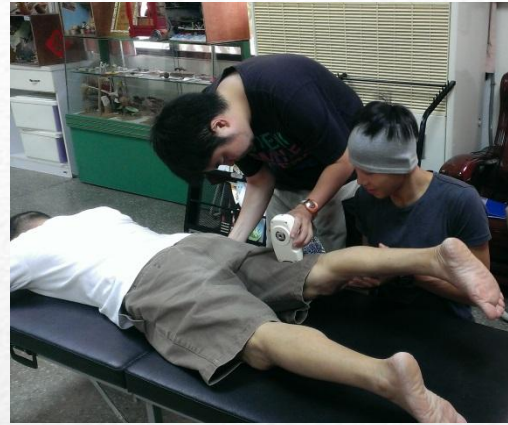
# 研究技術-運動表現測量1

最大攝氧量、血壓測量、RPE、心跳監控



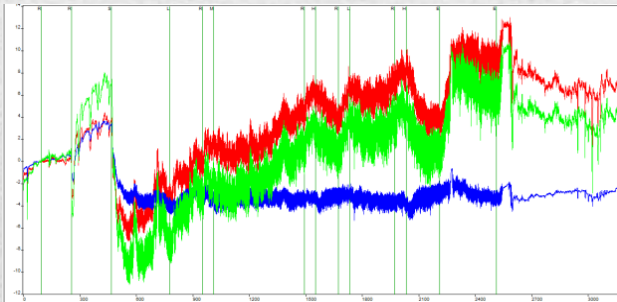
# 研究技術-運動表現測量2

功能性體適能檢測



# 研究技術-運動表現測量3

## microFET3™ 肌力測量、柔軟度測量



# 研究技術-非侵入式心血管健康偵測

血液動力指標、血流偵測、心律變異度

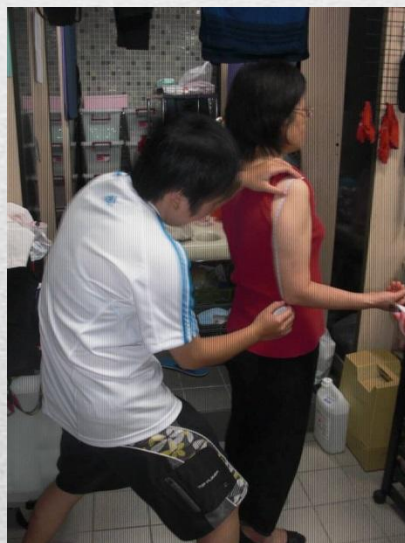
# 觀察、實作、思考、表達



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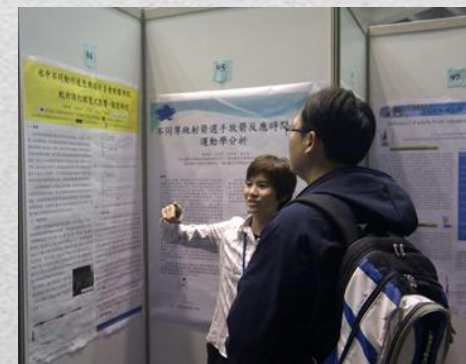


# 觀察、實作、思考、表達



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# 學術研討發表、教育訓練講師

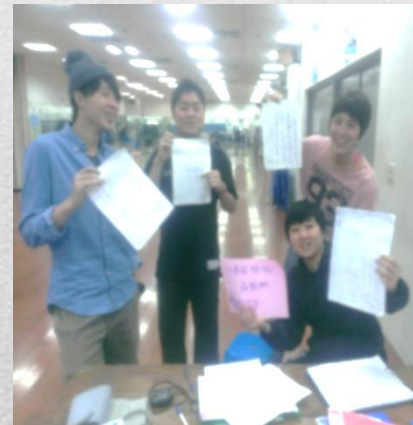


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## *Team work*

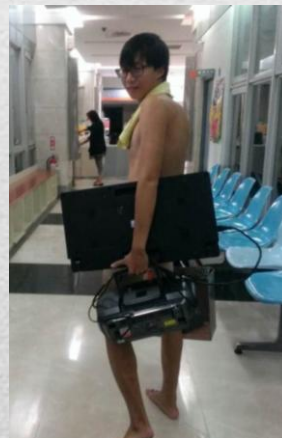


*IEPAL Philology*

# 整合運動生理與老化實驗室

*Integrative Exercise Physiology and Aging Laboratory*

*Work Hard, Play Hard*



*IEPAL Philology*

# 整合運動生理與老化實驗室

*Integrative Exercise Physiology and Aging Laboratory*

*Enjoy what you are doing*



*IEPAL Philology*