



Jen-Yu, Ho

- Associate Professor, Department of Sport and Kinesiology, National Taiwan Normal University, Taiwan
- Chair, Department of Sport and Kinesiology, National Taiwan Normal University, Taiwan

Research Expertise

- Sports and Exercise Physiology
- Resistance Training and Performance
- Sports Nutrition

Positions

- 2025.08 –Present Chair, Department of Sport and Kinesiology, National Taiwan Normal University
- 2020 –2022 Director, Department of Sports Science, National Sports Training Center

Papers

- Effects of full range of motion and limited range of motion in resistance training for muscular fitness and body composition in novice men (2025)
- Running interval training combined with blood flow restriction increases maximal running performance and muscular fitness in male runners (2022)
- Running Training Combined with Blood Flow Restriction Increases Cardiopulmonary Function and Muscle Strength in Endurance Athletes (2022)
- Two weeks of detraining reduces cardiopulmonary function and muscular fitness in endurance athletes (2022)
- Effects of Running Exercise Combined with Blood Flow Restriction on Strength and Sprint Performance (2021)