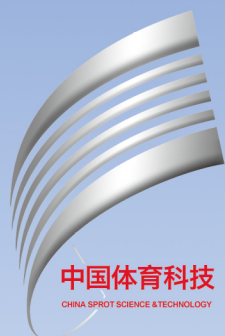


中文体育类核心期刊
中国人文社会科学核心期刊
CSSCI来源期刊

ISSN 1002-9826
CN 11-2284/G8

中国体育科技

CHINA SPORT SCIENCE AND TECHNOLOGY



国家体育总局体育科学研究所 2020年(第56卷)

<http://www.cisszgy.com> E-mail:bjb@ciss.cn

2

目次

体育科技 应用基础

运动与褪黑素抗抑郁的作用、机制以及联合策略研究进展

黄卓淳,漆正堂,刘微娜*(3)

高强度间歇训练通过支配内脏脂肪的交感神经活动促进白色脂肪

组织棕色化 刘阳,张赛,董高芳,赵晓博,何玉秀,张海峰*(15)

不同压力下肢紧身服对跑步运动中摄氧量及运动后

血乳酸恢复的影响 孙凯扬,李翰君*,王颖(24)

基于SRPE竞速运动项目训练负荷评价方法的实证研究

谢云*,耿海峰,李赞(30)

运动生物 力学前沿

艺术体操运动员脊柱曲度异常与躯干两侧活动度和

力量对称性的关系 包蕾,刘卉*,高维纬(39)

踝关节稳定程度差异对侧跳落地缓冲模式影响的研究

张帆*,王竹影,吴志建,宋彦李青(46)

轻负荷半蹲起下肢力增加速率与各种肌肉收缩运动表现的关系

李志远*,李玉章,陈亮(64)

花样游泳运动员功能性动作能力与力量素质的相关性研究

陈文佳,章碧玉*,沈兆喆(71)



CONTENTS

HUANG Zhuochun, QI Zhengtang, LIU Weina*	
Research Progress on the Antidepressant Effect, Mechanism and Joint Strategy of Exercise and Melatonin	3
LIU Yang, ZHANG Sai, DONG Gaofang, ZHAO Xiaobo, HE Yuxiu, ZHANG Haifeng*	
High-intensity Interval Training Promotes White Adipose Tissue Browning through Sympathetic Activity that Innervates Visceral Fat	15
SUN Kaiyang, LI Hanjun*, WANG Ying	
Effects of Different Pressure Lower-body Compression Garments on Oxygen Uptake during Running and Recovery of Blood Lactate after Exercise	24
XIE Yun*, GENG Haifeng, LI Zan	
An Empirical Study on Training Load Evaluation Method of Racing Sports Based on SRPE	30
BAO Lei, LIU Hui*, GAO Weiwei	
The Relationship between Abnormal Spinal Curvature and Symmetry of the Activity and Muscle Strength of the Trunk in Rhythmic Gymnastics	39
ZHANG Fan*, WANG Zhuying, Wu Zhijian, Song Yanliqing	
Influence of Ankle Stability Difference on Landing Buffer Mode of Side Hop	46
LI Zhiyuan*, LI Yuzhang, CHEN Liang	
Relationship between Rate of Force Development on Lower Limb in Light Load Half-squat and Various Muscle Contractile Movements	64
CHEN Wenjia, ZHANG Biyu*, SHEN Zhaozhe	
A Correlation Study on Functional Movement Ability and Strength Quality of Synchronized Swimmers	71