YI-JEN (IAN) YANG

Ph.D. Student, Graduate Fellow and Graduate Assistant · Department of Sport Management
College of Health and Human Performance · University of Florida · Gainesville, FL 32611

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Research Interests

Mega sport event legacy and host-community quality of life (LA28) · Sport participation, physical activity and health · Wearable technology and measurement of exercise intensity · Olympic education, policy and governance

Education

Ph.D., Health and Human Performance (Sport Management) 2026 – present
University of Florida, Gainesville, FL · Advisor: Dr. Kyriaki Kaplanidou · Graduate School Opportunity Award

Master of Business Administration (MBA), Sport, Leisure and Hospitality Management 2016 – 2018
National Taiwan Normal University (NTNU), Taipei · Thesis on Olympic Agenda 2020 awareness among college student-athletes · Advisor: Dr. Mei-Yen Chen

Bachelor of Education (B.Ed.), Physical Education 2010 – 2015
National Taiwan Normal University, Taipei · Licensed secondary-school physical education teacher

Exchange Student, School of Health and Physical Education, University of Tsukuba, Japan 2012 – 2013
Short-term exchange scholarship, Interchange Association, Japan

Professional Development: Advancing EMI and Bilingual Education Feb 2025
Teachers College, Columbia University, New York · Fulbright Taiwan–Ministry of Education faculty program · Certificate of completion

Academic and Professional Appointments

Graduate Assistant and Ph.D. Researcher, Department of Sport Management, University of Florida 2026 – present

Assistant Professor (teaching track), Physical Education Office, National Pingtung University of Science and Technology (NPUST), Taiwan 2025 – 2026
Ministry of Education Assistant Professor Certificate No. 158639

Lecturer, Physical Education Office, NPUST 2020 – 2025
Lecturer-rank teaching staff (2020–2023); Project Lecturer (2023–2025)

Head, Facilities and Equipment Division, Physical Education Office, NPUST 2022 – 2024, 2025 – 2026

Adjunct Lecturer, General Physical Education Division, NTNU 2019 – 2020

Full-time Research Assistant, Center for Physical Education Research and Development, NTNU 2018 – 2020

Physical Education Teacher and Table Tennis Coach, Department of Youth Development and Sports, Saint Lucia
Taiwan ICDF Overseas Volunteer
2015 – 2016

Publications

† Corresponding author. Chinese-language titles are given in English translation.

Peer-reviewed international journal articles

1. Huang, C.-C., Cheng, Z.-Y., Wang, H.-Y., **Yang, Y.-J.**, Lin, L.-H., Chung, F.-I., & Hsu, C.-T. (2026). Perceived physical literacy, sports team participation, and regular physical activity among university students: A national survey study. *BMC Public Health*. Advance online publication. doi:10.1186/s12889-026-28535-2
2. **Yang, Y.-J.**, & Cheng, C.-C. (2023). The perception of Olympic Agenda 2020 recommendations of college student athletes in Taiwan: A cross-sectional study on the implementation of the Agenda in 2021. *Diagoras: International Academic Journal on Olympic Studies, 7*, 47–61.
3. Ho, W.-T., **Yang, Y.-J.**, & Li, T.-C. (2022). Accuracy of wrist-worn wearable devices for determining exercise intensity. *Digital Health, 8*, 20552076221124393. doi:10.1177/20552076221124393

Chinese-language journal articles

4. Huang, C.-L., Yang, Z.-Y., Li, Z.-X., Chang, Y.-L., Li, W.-Z., Tang, R.-H., Huang, B.-H., & **Yang, Y.-J.**† (2023). Promoting physical activity through university social responsibility: A record of the 2022 NPUST Kaohsiung–Pingtung taekwondo grassroots outreach program. *School Physical Education, 194*, 108–126.
5. Wang, K.-P., Chen, D.-L., & **Yang, Y.-J.**† (2022). Organizing the university basketball league finals during the pandemic: A case record. *School Physical Education, 190*, 83–101.
6. **Yang, Y.-J.**† (2021). Integrating adapted physical education values into general physical education courses: A teaching practice study. *School Physical Education, 184*, 91–109.
7. **Yang, Y.-J.**† (2021). A record of the 2019 International Olympic Academy Young Participants Session. *School Physical Education, 183*, 90–109.
8. **Yang, Y.-J.**† (2021). Sharing distance-teaching experience in physical education: The case of a general PE judo course at National Taiwan Normal University. *School Physical Education, 182*, 95–107.
9. **Yang, Y.-J.**† (2020). A spectator's record of the Rio 2016 Olympic Games. *School Physical Education, 181*, 100–127.
10. **Yang, Y.-J.**, & Cheng, C.-C. (2020). Light and shadow of the Tokyo 2020 Olympic Games from an event-management perspective. *Humanities and Social Sciences Research: Pedagogy, 14*(4), 55–70.
11. **Yang, Y.-J.**† (2020). Teaching practice of interdisciplinary learning in the physical education curriculum: The case of defensive sports. *School Physical Education, 180*, 55–67.
12. Chen, P.-Y., Chen, M.-Y., & **Yang, Y.-J.**† (2020). "2020 is coming, are you ready?" Taiwanese student-athletes' awareness of Olympic Agenda 2020 reform issues. *Taiwan Journal of Sports Scholarly Research, 68*, 15–36.
13. Tao, Y.-C., Ho, J.-Y., & **Yang, Y.-J.** (2020). A case study of online physical education teaching practice. *School Physical Education, 177*, 39–47.

Technical report

14. **Yang, Y.-J.** (2025). Sports technology acceptance, attitudes toward adapted physical education, and mental health promotion: Outcomes and reflections from three years of physical education teaching practice [in Chinese]. Teaching Practice Research Report, NPUST. Passed external review for promotion to Assistant Professor.

Conference Presentations

1. **Yang, Y.-J.** (2026, October). Results of the NSTC project "The shift in fan spectating modes in the era of digital technology." E-poster, NSTC Physical Education Research Results Joint Presentation, Tainan, Taiwan.
2. **Yang, Y.-J.** (2026, July). The shift in fan spectating modes: Analyzing immersive virtual reality sports spectating behavior through TAM and TPB. Poster, 31st Annual Congress of the European College of Sport Science, Lausanne, Switzerland.
3. **Yang, Y.-J.** (2026, July). Psychological need satisfaction and motivation toward continued VR sports viewing among Taiwanese university students: A Self-Determination Theory perspective. Poster, 9th International Self-Determination Theory Conference, Geneva, Switzerland.
4. **Yang, Y.-J.** (2025, August). Rain in the heart? Mental health leave and physical education: A teaching practice study [in Chinese]. Ministry of Education Teaching Practice Research Program results exchange meeting, Taiwan.
5. **Yang, Y.-J.** (2024, August). A good attitude: Integrating adapted physical education values into general PE [in Chinese]. Ministry of Education Teaching Practice Research Program results exchange meeting, Taiwan.
6. **Yang, Y.-J.** (2024, July). Sports tech in Taiwan's PE curriculum: Technology Acceptance Model and physical fitness assessment. Oral presentation, 33rd International Congress of Psychology, Prague, Czech Republic.
7. **Yang, Y.-J.**, & Cheng, C.-C. (2023, August). A research of Japan ski tourism diversification: Hakuba Valley as a case study. Poster, 19th Asian Association for Sport Management Conference, Kuching, Malaysia.
8. **Yang, Y.-J.** (2023, August). Introducing sports technology and diverse pedagogy into physical education courses [in Chinese]. Ministry of Education Teaching Practice Research Program results exchange meeting, Taiwan.
9. **Yang, Y.-J.** (2023, July). The perception of Olympic Agenda 2020 recommendations of college student athletes in Taiwan: A cross-sectional study on the implementation of the Agenda in 2021. Oral presentation, 28th Annual Congress of the European College of Sport Science, Paris, France.
10. Wang, Y., Hsu, Y.-C., & **Yang, Y.-J.** (2023, May). The influence of young consumers' personal traits on their intention to purchase medical aesthetic services [in Chinese]. Oral presentation, 24th Conference on Sustainable Development Management, Pingtung, Taiwan.
11. **Yang, Y.-J.** (2021, May). Student-athletes' policy awareness of Olympic Agenda 2020+5 reform issues in the post-pandemic era [in Chinese]. Poster, Taiwan Society for Sport Management Annual Conference (online).
12. **Yang, Y.-J.** (2018, June). Taiwanese student-athletes' awareness of Olympic Agenda 2020 reform. University of Taipei Leisure Sport Academic Conference, Taipei. *Winning Paper Award, Wu Ching-Kuo Scholarship paper competition.*

13. **Yang, Y.-J.** (2017, October). Gender equality awareness among male and female student-athletes in Taiwan. Poster, International Conference on Women and Sport (APEC Sports Policy Network), Taipei. *Outstanding Poster Award.*
14. **Yang, Y.-J.**, & Chen, M.-Y. (2017, July). The perception of Olympic Agenda 2020 recommendations of college student athletes in Taiwan. Oral presentation, 13th Asian Association for Sport Management Conference, PyeongChang, South Korea. *Certificate of Excellence (best presentation).*

Invited Talks

Guest lecture on mega-event legacy, PRT 295 (Global Sport), North Carolina State University — Oct 2026

Invited speaker, International Bilingual Education Forum, Fulbright Taiwan, Kaohsiung — May 2025

Guest lecturer, Olympic Education and English Proficiency, National Taiwan University of Sport — Apr 2025

Presenter, Olympic Council of Asia Athletes Forum: Olympic sport development in Chinese Taipei — Mar 2023

International sport trends and international sports affairs, Dept. of Physical Education and Sport Sciences, NTNU — Apr 2022

"Student life around the world" (online), Tokyo University of Science, Japan — May 2021

Panelist, Seminar on Youth Leadership in the Post-COVID-19 Era, Ministry of Foreign Affairs, Taipei — Dec 2020

Lecturer, 41st Chinese Taipei Olympic Academy Session, Hualien — Oct 2018

Research Grants

Principal Investigator, National Science and Technology Council (NSTC), Taiwan · NT$988,000 — 2025 – 2026
The shift in fan spectating modes in the era of digital technology: Immersive VR sports spectating behavior through the Theory of Planned Behavior and Technology Acceptance Model (New Investigator Research Project, 114-2410-H-020-016)

Principal Investigator, Ministry of Education Teaching Practice Research Program · NT$401,668 — 2024 – 2025
Rain in the heart? Mental health leave and physical education (PGE1137013)

Principal Investigator, Ministry of Education Teaching Practice Research Program · NT$250,700 — 2023 – 2024
A good attitude: Integrating adapted physical education values into general PE (PGE1122599)

Principal Investigator, Ministry of Education Teaching Practice Research Program · NT$287,500 — 2022 – 2023
Introducing sports technology and diverse pedagogy into physical education courses (PGE1110231)

Travel Grant, NSTC, 28th ECSS Congress, Paris · NT$55,000 — 2023

Co-Investigator, sponsored sport programs at NPUST (Sports Administration and Pingtung County Government) — 2021 – 2025
Including facility renovations (NT$14,000,000 and NT$5,000,000), community fitness and active-aging programs, and wearable-sensor training projects

Honors and Awards

Graduate School Opportunity Award, University of Florida 2026

Principal Candidate, Fulbright Taiwan Graduate Study Award 2026–27 (Ph.D.); award declined 2026

Selected participant, Fulbright Taiwan–Ministry of Education EMI Overseas Professional Training Program 2025

Outstanding Teacher in Innovative Teaching, NPUST (five consecutive years) 2020 – 2025

Outstanding-Coach Citation, Ministry of Education, Taiwan 2023

Pedagogical Competition Excellence Award; USR Teaching Excellence Award; Excellent Web-Assisted Teaching Course Award, NPUST 2021 – 2023

Winning Paper Award, Wu Ching-Kuo Scholarship Paper Competition, University of Taipei 2018

Award for Outstanding Service, College of Sports and Recreation, NTNU 2018

Certificate of Excellence (best presentation), Asian Association for Sport Management Conference 2017

Outstanding Poster Award, International Conference on Women and Sport (APEC Sports Policy Network) 2017

Outstanding Graduate Student Scholarship, NTNU 2017

International Youth Ambassador, Ministry of Foreign Affairs, Taiwan 2014

Outstanding Student, NTNU 2011

Teaching

National Pingtung University of Science and Technology 2020 – 2026
Sport science, adapted physical education, judo, swimming, and English-medium (EMI) physical education courses

National Sports Training Center, Taiwan 2022 – 2025
Course instructor for national-team athletes: Teaching Strategies for Physical Education and Sport; Sports Coaching; Sports Training Methods (7 courses, 6 semesters)

National Taiwan Normal University 2019 – 2020
General physical education (judo), including the university's first online judo course during COVID-19

Saint Lucia, Department of Youth Development and Sports 2015 – 2016
Physical education and table tennis

Editorial and Peer-Review Service

Editor, *Journal of NPUST Physical Education* (ISSN 2227-6114) 2020 – 2024

Executive Editor, *Journal of NPUST Physical Education* 2024 – 2026

Editorial Board Member, *Journal of Leisure, Tourism and Sports Health* 2023 – 2025

Ad hoc reviewer: *Journal of Sport Management* (Taiwan); *Sports Coaching Science*; *NTU Journal of Physical Education*; *Journal of Leisure, Tourism and Sports Health*; Taiwan Society of Sports Biomechanics conference (2024)

Professional and Olympic-Movement Service

Member, Education Committee, Chinese Taipei Olympic Committee (CTOC) 2022 – 2025

Co-founder and Director, Taiwan Youth Olympic Experience Camp, NPUST (four camps; CTOC guidance unit) 2022 – 2024

Advisor, CTOC International Sports Affairs Training Program; group mentor and course lecturer 2022 – 2025

Evaluator and Overseas Mentor, Taiwan Global Pathfinders Initiative, Ministry of Education 2025 – 2026

Delegation Secretary to the CTOC President, MOU signing with the International Olympic Academy, Greece 2023

Nominee, 14th International Session for Educators of Higher Institutes of Physical Education, IOA 2023

Participant, 59th International Session for Young Participants, International Olympic Academy 2019

Coordinator, Ministry of Science and Technology sport-science study tour to Japan (incl. Tokyo 2020 Organising Committee) 2019

Chinese Taipei Olympic Academy: youth counselor, lecturer, moderator and panelist across five sessions 2017 – 2023

Coaching, Officiating and Athletics

Varsity Coach, NPUST: taekwondo, judo, wrestling, karate, basketball and swimming 2020 – 2026

4 gold, 2 silver and 2 bronze medals, 2024 National Intercollegiate Athletic Games; 5th place, UBA basketball league 2022–23

Assistant Coach, NTNU varsity judo team 2016 – 2020

A-level Judo Referee, Chinese Taipei Judo Federation; National Games (2019), National Chung-Cheng Cup, National Judo Championships; broadcast commentator

Former national-team judoka: third place, Asian Cadet Judo Championships (2007); gold, National Chung-Cheng Cup (2013); 4th Dan black belt

Selected Media

NOWnews (2024, Paris 2024 judo analysis) · Mirror News (2022, video interview) · Kuo Sheng Broadcasting FM106 / Yahoo News Taiwan (2020, radio interview) · CTS News (2020, TV interview) · Liberty Times (2020, NTNU's first online judo course) · The Voice, Saint Lucia (2015)

Certifications, Memberships and Languages

Certifications: Licensed secondary-school physical education teacher (Taiwan); judo coach (Chinese Taipei Judo Federation); sport facility manager training (Taiwan Society for Sport Management, 2021); NIFISA Sports Management Course (National Institute of Fitness and Sports in Kanoya, Japan, 2018)

Memberships: North American Society for Sport Management; European College of Sport Science; Asian Association for Sport Management; Taiwan Society for Sport Management

Languages: Mandarin Chinese (native), Taiwanese Hokkien (native), English (fluent), Japanese (conversational)