



周霄

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研究方向：运动科学-运动医学、健康促进学

【个人经历】

2012年毕业于 北京师范大学 获体育学士学位

2015年毕业于 北京师范大学 获教育硕士学位

2017年毕业于 早稻田京福语学院(日语学校)

2018年于 目白大学 介护预防专业研学

2021年毕业于 东京大学 获哲学博士学位

2022年3月于 东京大学 综合文化研究科生命环境科学系 博士后出站

2022年8月于 华中科技大学工作至今

【教学工作】

本科生课程：运动解剖学、运动生物力学、体育科学研究方法、大学体育（羽毛球）

研究生课程：体育科学研究方法

【科学研究】

——发表文章

1. Xiao Zhou, Kazuhiro Imai, Yuanchun Ren. Teaching Method Using Task Analysis to Boost Motor Skill and Badminton Forehand Overhead Clear Skill Learning. *International Journal of Sports Science & Medicine* 3(2): 47-53, 2019.
2. Kazuhiro Imai; Xiao Zhou; Xiao-Xuan Liu. Application of Zr and Ti-Based Bulk Metallic Glasses for Orthopaedic and Dental Device Materials. *Metals* 2020, 10, 203.
3. Xiao Zhou, Kazuhiro Imai, Xiao-Xuan Liu. Survey of Epidemiology and Mechanisms of Badminton Injury Using Medical Check-Up and Questionnaire of School Age Badminton Players. *International Journal of Sport and Health Science*, 14(6), 146-151, 2020.
4. Xiao Zhou, Kazuhiro Imai, Xiao-Xuan Liu, Eiji Watanabe: Epidemiology of pain and injury in elementary school-aged badminton players. *Gazzetta Medica Italiana Archivio per le Scienze Mediche*, 180(12), 842-849, 2021.

5. Xiao Zhou, Kazuhiro Imai, Xiao-Xuan Liu, Eiji Watanabe. Epidemiology and pain in elementary school-aged players: a survey of Japanese badminton players participating in the national tournament. *Scientific Reports*, 11(1): 1-9, 2021.
6. Xiao Zhou, Kazuhiro Imai, Xiaoxuan Liu. Characteristics and risk factors of badminton injuries/pain in Japanese university badminton players. *Japanese Journal of Orthopaedic Sports Medicine*, 42(1):40-47,2022.
7. Xiao-Xuan Liu, Kazuhiro Imai, Xiao Zhou, Eiji Watanabe. Assessing the influence of ankle injuries on subsequent ankle, knee, and shoulder injuries in competitive badminton players under 13 years of age. *The Orthopaedic Journal of Sports Medicine*, 10(5),2022.
8. Xiao Zhou, Kazuhiro Imai, Zhuo Chen, Xiao-Xuan Liu, and Eiji Watanabe. Mechanism for shoulder pain and injury in elite badminton players. *International Journal of Sports Medicine and Rehabilitation*, 2022; 5:25.
9. Xiao Zhou, Kazuhiro Imai, Xiao-Xuan Liu, Zhuo Chen, and Eiji Watanabe. Assessing the Association of Shoulder Pain Risk with Physical Fitness in Badminton Players at National Tournament Level. *Asian Journal of Sports Medicine*, 2022;13(4): e129916.
10. Ma Y, Wu X, Shen S, Hong W, Qin Y, Sun M, Luan Y, Zhou X^{*}, Zhang B. Relationship between Locomotive Syndrome and Musculoskeletal

Pain and Generalized Joint Laxity in Young Chinese Adults. Healthcare. 2023; 11(4):532.

11. Chen Z, Imai K, Zhou X. The relationship between physical activity and premenstrual syndrome in senior high school students: a prospective study. Sci Rep 13, 5881 (2023).
12. Chen Zhuo, Imai Kazuhiro, Liu Xiao Xuan, Zhou Xiao. Exercise Intervention in Adolescent Premenstrual Syndrome: A Comprehensive Review. International Journal of Advanced Multidisciplinary Research and Studies, 2023;3(4):828-834.
13. Fu Honghao, Zhiyuan Li, Xiao Zhou*, Jiaoqin Wang, Zhuo Chen, Guanrong Sun, Jingbo Sun, Hongtao Zeng, Laihong Wan, Yueying Hu, Feng Wang, Junyi Zheng. The profiles of single leg countermovement jump kinetics and sprinting in female soccer athletes. Heliyon, 2023; 9(8): e19159.
14. Xiao Zhou, Kazuhiro Imai, Xiao-Xuan Liu, Zhuo Chen, Eiji Watanabe, Hongtao Zeng. The Characteristics of Badminton-Related Pain in Pre-Adolescent and Adolescent Badminton Players. Children. 2023; 10(9):1501.
15. Yixuan Ma, Xinze Wu, Weihao Hong, Yuxiang Ning, Xiao Zhou, Shaoshuai Shen, Bing Zhang, The Relationship between Locomotive Syndrome and Depression in Young Chinese College Students, Modern Rheumatology, 2023; road103.

16. ZHOU, Xiao; Chen, Zhuo; Liu, Xuan Xiao; Watanabe, Eiji; Imai, Kazuhiro. Epidemiology And Physical Dysfunction In University Badminton Athletes: 252. Medicine & Science in Sports & Exercise 55(9S):p 82, September 2023.
17. Chen, Zhuo; Zhou, Xiao; Imai, Kazuhiro. The Relationship Between Premenstrual Symptoms And Recreational Physical Exercise In Senior High School Students: 1782. Medicine & Science in Sports & Exercise 55(9S):p 604-605, September 2023.
- 18.19. Xiao Zhou, Kazuhiro Imai, Zhuo Chen, Xiao-Xuan Liu, Eiji Watanabe. Differences in shoulder function among badminton players broken down by age and sex, Journal of Bodywork and Movement Therapies, 2024.

——会议论文

1. Xiao Zhou, Kazuhiro Imai. (Oral) Survey of Epidemiology and Mechanisms of Badminton Injury Using Medical Check-Up and Questionnaire of School Age Badminton Players. ICSMES 2020: 22nd International Conference on Sport Medicine and Exercise Science. March 23-24, 2020, Tokyo, Japan.
2. Xiao Zhou, Kazuhiro Imai, Xiao-Xuan Liu. (Oral) Weak Hamstring Tightness, Weak Balance Ability and Asymmetric Trunk Rotation caused Shoulder Pain in Male University Badminton Players.

ISER-868th International Conference on Physical Education and Sport Science (ICPESS). August 10-11, 2020, Macau, China.

3. Xiao Zhou, Kazuhiro Imai, Xiao-Xuan Liu. (Oral) Risk Factors for Shoulder Pain in Male College Badminton Players Using Medical Check-up. JOSKAS-JOSSM 2020: The 12th Annual Meeting of the Japanese Orthopaedic Society of Knee, Arthroscopy and Sports Medicine (JOSKAS) and the 46th Annual Meeting of the Japanese Orthopaedic Society for Sports Medicine (JOSSM). December 17-19, 2020, Kobe, Japan.
4. 周霄、陳卓、今井 一博、福井 尚志。 (Oral)大学生バドミントン選手の身体特性における肩痛の危険因子(Physical dysfunction for shoulder pain in university badminton players)。第 32 回日本臨床運動医学会学术集会, 11 月 13 日-14 日, 2021, 東京, 日本。
5. 周霄、陳卓、今井 一博、福井 尚志。 (Oral)小学生バドミントン選手におけるスポーツ損傷の危険因子の検討(Characteristics and risk factors of badminton injuries and pain in elementary school age badminton players)。第 32 回日本臨床運動医学会学术集会, 11 月 13 日-14 日, 2021, 東京, 日本。
6. Xiao-Xuan Liu, Kazuhiro Imai, Xiao Zhou. Shoulder injury is associated with lower back injury and lower extremity injury: A cross sectional study of pediatric badminton players. The 18th Korea-Japan combined

meeting of orthopedic sports medicine (JOSSM-KOSSM Combined Meeting). November 19-29, 2021, Seoul, Korea.

7. Zhuo Chen, Kazuhiro Imai, Xiao Zhou, Xiao-Xuan Liu, and Eiji Watanabe. Risk Factors of Ankle Injury in University Badminton Players. ICMHS 2022: 1401st International Conference on Medical and Health Sciences. October 27-28, 2022, Kyoto, Japan.
8. Xiao Zhou, Zhuo Chen, Xiao-Xuan Liu, Eiji Watanabe and Kazuhiro Imai. Epidemiology and Physical Function Characteristics in University Badminton Players. The Annual Conference of International Chinese Society for Physical Activities and Health (ICSPAH) on May 26-27, 2023 (online oral)
9. Xiao Zhou, Zhuo Chen, Xiao-Xuan Liu, Eiji Watanabe and Kazuhiro Imai. Epidemiology and Physical Dysfunction in University Badminton Athletes. The 2023 ACSM Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Physical Activity and Aging Biology. May 30-June 2, 2023, Denver, USA.
10. Zhuo Chen, Kazuhiro Imai and Xiao Zhou. The Relationship between Premenstrual Symptoms and Recreational Physical Exercise in Senior High School Students. The 2023 ACSM Annual Meeting, World Congress on Exercise is Medicine®, and World Congress on the Basic

Science of Physical Activity and Aging Biology. May 30-June 2, 2023, Denver, USA.

11. Shaoshuai Shen, Xiao Zhou and Ziwen Mu (Oral). Relationship between physical fitness and motor ability and sports participation at young age and Locomotive Syndrome in older men. The 2nd Asian Society for Health and Exercise (ASHE) International Conference, July 15, 2023, Gwangju, Korea.

——科研项目

1. 2021-2022 羽毛球世界联合会(BWF)项目 Badminton injury prevention based on epidemiological surveillance, medical check-up and neuromuscular training, 结题。
2. 2023-2024 羽毛球世界联合会(BWF)项目 The effects of badminton playing on physical health and psychological wellbeing in college students,在研。
3. 2020-2023 教育部人文社会科学青年基金项目 (20YJC890009) “一流大学建设背景下体育课程模式理论与实践研究” , 参与。
4. 基于体质监测的大学生运动障碍综合征评价体系研究 (2023WKYXQN044) , 华中科技大学自主创新研究基金, 2023, 在研。
5. 2024-2025 羽毛球世界联合会(BWF)项目 The effects of neuromuscular training programs for injury prevention in elite university badminton players, 在研。

【所获奖项】

1. 2016-2017 日本文部科学省外国人留学生学习奖学金(JASSO)
2. 2019-2020 东京大学外国人留学生奖学金
3. 2020-2021 日本国费文部科学省奖学金(SGU)
4. Relationship between physical fitness and motor ability and sports participation at young age and Locomotive Syndrome in older men. The 2nd Asian Society for Health and Exercise (ASHE) International Conference, 2023. **Best Research**

【社会活动】

2021 年于 日本整形外科运动医学会 会员

2021 年至今 日本临床运动医学会 会员

——著书

郭琪，马艺璇，等。帕金森病康复治疗[M]. 上海：上海交通大学出版社，2022（副主编）。

【其他】

2018.10-2020.12 东京大学教养学部 advanced fitness 课程 助教

2019.9-2021.1 东京大学综合文化研究科 助教

2017.8-2019.9 岛田疗养中心 认知症患者康复治疗 志愿者

2018.12-2019.12 筑波大学附属视觉特别支援学校 老年人介护预防 志愿者