

New Books Arrival

Title	Call Number
<u>Motor learning and performance : from principles to application / Timothy D. Lee, PhD, Richard A. Schmidt, PhD.</u>	<u>BF 295 .S249 2026</u>
<u>這座城市叫香港 / 黃宇軒 著.</u>	<u>DS 796 .H74 H834 2025</u>
<u>深水埗 101 / 劉智仁 著</u>	<u>DS 796 .H76 L38 2025</u>
<u>Events management : an international approach / Nicole Ferdinand & Paul J. Kitchin.</u>	<u>GT 3405 .F37 2022</u>
<u>Events and sustainability / Kirsten Holmes, Michael Hughes, Judith Mair and Jack Carlsen.</u>	<u>GT 3405 .H65 2015</u>
<u>Events management / Glenn A. J. Bowdin, Johnny Allen, Rob Harris, Leo Jago, William O 'Toole and Ian McDonnell.</u>	<u>GT 3406 .G7 E93 2024</u>
<u>自行車功率訓練全書：完整解讀，活用功率計與數據，精準優化你的訓練效率與賽事表現 = Training and racing with a power meter, Third edition / 杭特.艾倫 (Hunter Allen), 安德魯.考根 (Andrew Coggan), 史蒂芬.麥奎格 (Stephen J. McGregor) 著；徐國峰 譯.</u>	<u>GV 1048 .A55127 2025</u>
<u>跑者身體調校指南：跑前十二項系統篩檢矯正，讓你發揮身體這部神奇機器的全部潛力 / 凱利.史達雷 (Kelly Starrett) + T.J. 墨菲 (T.J. Murphy) 著；鄭勝得 譯.</u>	<u>GV 1061.5 .S82127 2025</u>
<u>跑者如何以身練心：第一本出自專業教練，專為跑者設計的 "心智與心志" 訓練策略 = A runner's heart : a training approach for forging runner's mind and will and thereby improves physical performance / 徐國峰 著.</u>	<u>GV 1061.8 .P75 X84 2023</u>
<u>丹尼爾斯博士跑步方程式：從中長跑，馬拉松，越野跑，超馬到鐵人三項，全球最佳跑步教練的訓練全指南 = Daniels' running formula / 傑克.丹尼爾斯 (Jack Daniels) 著；徐國峰 譯.</u>	<u>GV 1062 .D36127 2024</u>
<u>漢森馬拉松訓練法：跑出你的最佳成績 / 作者，盧克.漢弗萊 (Luke Humphrey), 凱文&凱斯.漢森 (Kevin & Keith Hanson)；譯者，鄭勝得.</u>	<u>GV 1065.17 .T73 H8612 2020</u>
<u>Individualizing training procedures with wearable technology / Peter Dükling, Billy Sperlich.</u>	<u>GV 341 .I535 2024</u>
<u>NASM essentials of sports performance training / editors, Erin McGill, Ian Montel.</u>	<u>GV 341 .N376 2019</u>
<u>超越重力：徒手肌力系統訓練&體操聖經 / 作者，史蒂文.洛；翻譯，劉錦謀，王玉青，林育瑾，徐志翔，郭林璇，蔡雅淳，林怡瑄，陳著，王洪丹，陳竑廷，蔡政霖，沙部.魯比，邱詩涵 = Overcoming gravity : a systematic approach to gymnastics and bodyweight strength / Steven Low.</u>	<u>GV 436 .L6912 2018 v.1</u>
<u>超越重力：徒手肌力系統訓練&體操聖經 / 作者，史蒂文.洛；翻譯，劉錦謀，王玉青，林育瑾，徐志翔，郭林璇，蔡雅淳，林怡瑄，陳著，王洪丹，陳竑廷，蔡政霖，沙部.魯比，邱詩涵 = Overcoming gravity : a systematic approach to gymnastics and bodyweight strength / Steven Low.</u>	<u>GV 436 .L6912 2018 v.2</u>
<u>The strong female athlete : a female athlete guide to reduce injury, improve performance, and increase confidence. / Erica Suter.</u>	<u>GV 439 .S8847 2021</u>
<u>Training and conditioning young athletes / Tudor O. Bompá, Sorin O. Sarandan.</u>	<u>GV 443 .B619 2023</u>
<u>The fitness formula : a science-based guide to exercise and physical performance / Anthony Turner</u>	<u>GV 461 .T87 2024</u>

全彩圖解功能性訓練解剖全書：從人體的構造, 動態運作與功能出發, 精準打造完整活動度, 運動控制力, 爆發力與全身肌力 = Functional training anatomy / 凱文.卡爾 (Kevin Carr), 瑪麗.凱特.菲特 (Mary Kate Feit) 著 ; 劉玉婷 譯.	GV 481 .C3712 2022
美國第一健身強人, 給女生的科學化鍛鍊全書：重訓 x 飲食, 12 週有效訓練, 女生也能練出精實肌肉 = Thinner leaner stronger : the simple science of building the ultimate female body / 麥可.馬修斯 (Michael Matthews) 著 ; 賴孟怡, 王念慈 譯.	GV 482 .M3812 2022
Exercise and physical activity for older adults / Danielle R. Bouchard, editor.	GV 482.6 .E95 2021
臀肌研究所：鍛鍊人體最大發力引擎, 舉更重, 跳更高, 衝更快, 預防傷害, 打造翹臀的訓練全書 = Glute lab : the art and science of strength and physique training / 作者, 布瑞特.康崔拉斯 (Bret Contreras) + 格倫.科多扎 (Glen Cordoza) ; 譯者, 柯品瑄 + 周傳易.	GV 508 .C6612 2022
肌力訓練聖經：基礎槓鈴教程 = Starting strength / 馬克.銳普托 (Mark Rippetoe) 著 ; 傑森.凱利 (Jason Kelly) 插畫 ; 翻譯, 何宜勳, 楊斯涵, 張鈺苓, 林靖倫.	GV 546 .R5712 2019
肌力訓練課程設計：量身打造科學肌力訓練計畫 = Practical programming for strength training / 馬克.銳普托 (Mark Rippetoe), 安迪.貝克 (Andy Baker), 史黛夫.布萊德佛 (Stef Bradford) 著 ; 王啟安 譯.	GV 546 .R57212 2022
Age strong : a woman's guide to feeling athletic and fit after 40 / Rachel Cosgrove.	GV 546.6 .W64 C67 2025
運動科學訓練攻略：結合科學與科技, 突破訓練樽頸位 / 潘梓竣博士 著.	GV 558 .P36 2022
運動心理學：建立自信, 盡展所長 / 盧綽衡 著.	GV 706.4 .L85 2024
運動心理學. 2, 除了運動員, 你還是誰? / 盧綽衡 著.	GV 706.4 .L852 2024
Introduction to adaptive sport and recreation / Robin Hardin, Joshua R. Pate, editors.	GV 709.3 .I67 2025
調控力量：肌力及體能的科學理論與實證 = Advanced strength and conditioning : an evidence-based approach / 安東尼.特納 (Anthony Turner), 保羅.康福特 (Paul Comfort) 著 ; 翻譯, 林靖倫, 賴泰屹, 楊斯涵, 吳峰旗, 何宜勳.	GV 711.5 .A3712 2020
減法訓練：減去不適合的方式, 科學化高效體能訓練 = Simplifying training / 廖歆迪 著.	GV 711.5 .L53 2022
從年輕人到銀髮族都適用的無痛登山肌力訓練：從健步, 郊山到高山, 為各階段山友量身打造的肌力與體能訓練保養法, 預防, 解決登山造成的疼痛 與不適 = Functional training for hiking and climbing without pain / 梁友瑋 (山姆伯伯) 著.	GV 711.5 .L54 2023
NSCA's guide to high school strength and conditioning / Patrick T. McHenry, Mike Nitka, editors.	GV 711.5 .N732 2022
健身運動訓練理論圖解全書 = Theory of training sport : basic and modern principles / 佐久間和彦 監修 ; 譯者, 陳聖怡.	GV 711.5 .U5312 2020
Strategic sports event management / Guy Masterman.	GV 713 .M38 2022
Sensor technology for sports monitoring / Vesa Linnamo.	GV 745 .S467 2023
自由式的科學化訓練：從動作原理, 技術練習到訓練課表, 教你如何降低水阻, 建立水感, 增加推進力, 游得輕鬆又快速 / 徐國峰 著.	GV 837 .X84 2019
Aquatic fitness professional manual / Aquatic Exercise Association.	GV 838.53 .E94 A68 2026
跟著救生員學水中自救：30 堂防溺水教育課, 危急時刻, 做自己的救命恩人! = Life saving / 張景泓 著.	GV 838.74 .Z43 2022
Strength and conditioning for football from science to practice edited by Marco Beato, Chris Bishop, Anthony Turner	GV 943 .S77 2025

Project management / Harvey Maylor, Neil Turner.	HD 69 .P75 M38 2022
A history of collective living: forms of shared housing / Susanne Schmid; edited by Susanne Schmid, Dietmar Eberle and Margrit Hugentobler by Edition Wohnen ETH Wohnforum, ETH CASE.	HD 7287.85 .S3653 2025
越讀越入迷的會計書：資深會計師教你此生必用會計知識 / 權載姬 著；金學民 譯.	HF 5655 .K6 K93127 2024
香港的村落與墟鎮：聚落與歷史=Villages and market towns in Hong Kong: settlement and history / 夏思義 (Patrick H. Hase) 著, 林立偉 譯.	HN 752 .H37412 2025
野宿三 = Homeless III / 攝影雷日昇；文字何美華, 吳詠詩, 陳倩兒, 吳衛東, 王智源	HV 4613 .A4 Y4 2014
Sports law in Hong Kong / Nick Chan Hiu-Fung, Hin Han Shum, Sylvia Tsang.	K 3702 .C436 2025
村聲迴響：聆聽香港村校記憶 / 史嘉茵 著.	LB 3219 .C6 S5 2025
山中之城: 香港山城地景建築觀察 / 胡漢傑 著.	NA 1546 .H66 W8 2025
香港戰後建築檔案：1950 至 1980 年代的現代建築故事=Filing, archives and architectural research / 袁偉然、何慧心、陳卓喬 著.	NA 1546 .H66 Y86 2025
梁思成與林徽因：我的父親母親 / 梁再冰口述；于葵執筆；龐凌波, 潘奕整理.	NA 1549 .L53 L536 2023
未知的粗獷建築: 細節與美學=Details and aesthetics: unknown brutalism architecture in Hong Kong / 彭展華	NA 682 .B7 P364 2025
Data analytics and applications of the wearable sensors in healthcare / edited by Shabbir Syed-Abdul, Luis Fernandez Luque, Pei-Yun Sabrina Hsueh, Juan M. Garcia-Gomez and Begoña Garcia-Zapirain.	QA 76.592 .D383 2020
Wearable Sensors & Gait./ edited by Felipe García-Pinillos, Luis Enrique Roche-Seruendo, Diego Jaén-Carrillo	QA 76.592 .W437 2023
城市生物多樣性和碳儲存：香港原生樹種的應用 = Hong Kong native trees for urban biodiversity and carbon storage / 作者, 吳英嬋, 蕭天欣, 葉鳳婷, 侯智恆.	QK 486 .H85 C48 2025
Kinetic anatomy / Robert S. Behnke, HSD, Indiana State University, Professor Emeritus, Jennifer Plant, EdD, University of Central Florida.	QM 100 .B445 2022
A clinical guide to surface palpation : the art and science of the perfect touch / Michael Masaracchio, Chana Frommer.	QM 100 .M37 2022
Functional atlas of the human fascial system / Carla Stecco ; English language editor, Warren Hammer ; forewords by Andry Vleeming, Raffaele De Caro.	QM 563 .S74 2015
Biomechanics of movement : the science of sports, robotics, and rehabilitation / Thomas K. Uchida and Scott L. Delp ; illustrations by David Delp.	QP 303 .U245 2020
Physiology of exercise and healthy aging / Albert W. Taylor, editor.	QP 86 .T29 2022
Reflective practice : writing and professional development / Gillie Bolton with Russell Delderfield.	R 119 .B65 2018
Clinical kinesiology and biomechanics : a problem-based learning approach / by Gordon J. Alderink, Blake M. Ashby.	R 856 .A6 A43 2023
體適能與全人健康：促進終生健康生活型態之課程與技能：飲食營養, 壓力調控, 肌力與柔軟度, 心肺耐力訓練 = Fitness for life / 作者, Charles B. Corbin, Darla M. Castelli, Benjamin A. Sibley, Guy C. Le Masurier ; 譯者, 林貴福, 李淑芳, 李麗晶, 柳家琪, 林麗娟, 陳家信, 蔡奇儒.	RA 781 .C584127 2023
Physical activity epidemiology / Rod K. Dishman, Gregory W. Heath, Michael D. Schmidt, I-Min Lee.	RA 781 .D57 2022
Strength training and exercise prescription for rehabilitation professionals : an evidence-based, therapeutic exercise textbook / Jenna A. Mattera.	RA 781.2 .M38 2025

健身者 x 運動員呼吸訓練全書 = Breathing for warriors / 貝里沙.凡尼許 (Belisa Vranich), 布萊恩.賽賓 (Brian Sabin) 著 ; 王啟安, 王品淳 譯.	RA 782 .V7312 2023
Adaptive sports medicine : a clinical guide / edited by Arthur Jason De Luigi.	RC 1210 .A337 2023
瑜伽生理學解剖全書 : 最新科學研究實證, 從生理學與解剖視角, 探討瑜伽如何影響人體機能與健康 = The physiology of yoga / 安德魯.麥高尼戈 (Andrew McGonigle), 馬修.胡伊 (Matthew Huy) 著; 嚴麗娟 譯.	RC 1220 .Y64 M34127 2024
Artificial intelligence in sport performance analysis / Duarte Araújo, Micael Couceiro, Ludovic Seifert, Hugo Sarmento, and Keith Davids.	RC 1235 .A73 2020
全圖解運動傷害預防.修復訓練全書 : 增強肌力耐力 x 損傷功能修復 x 運動效能提升, 體能教練, 健身者, 防護員, 專項運動員必備專書 / 大衛.波塔奇 (David Potach), 艾利克.麥拉 (Erik Meira) 著 ; 高子璽 譯.	RC 1235 .P635127 2024
Guidelines for pulmonary rehabilitation programs / American Association of Cardiovascular and Pulmonary Rehabilitation.	RC 776 .O3 A64 2020
提升表現, 預防傷害, 減緩疼痛, 運動肌內效貼紮 / 蔡忠憲 等著.	RD 113 .C35 2020
從年輕人到銀髮族都適用的強膝訓練 : 一週兩小時, 從喚醒肌肉, 關節, 結締組織到打造關鍵功能性肌力, 從此遠離膝蓋疼痛及退化, 擁有不易受傷, 行動自如的身體 = Functional training to strengthen your knees and life / 梁友璋 (山姆伯伯) 著.	RD 561 .L53 2021
Spinal manipulations and mobilization techniques : theory and practice / John Gibbons.	RD 594.3 .G53 2026
運動傷害診斷與復健訓練 = Anatomy of sports injuries : for fitness and rehabilitation / 利.布蘭登 (Leigh Brandon) 著 ; 詹姆斯.柏倫奇 (James Berrangé) 繪 ; 吳肇基 譯.	RD 97 .B7312 2020
物理治療師的運動場邊絮語 / 李慧明 著.	RD 97 .L54 2021
Examination of musculoskeletal injuries / Sandra J. Shultz, Tamara C. Valovich McLeod.	RD 97 .S58 2026
Sports physician handbook / edited by Yannis P. Pitsiladis, Yung Shu Hang Patrick, Mark R. Hutchinson, Fabio Pigozzi.	RD 97 .S667 2025
The complete guide to sports massage / Tim Paine.	RM 721 .P35 2023
功能性解剖與運動治療 : 物理治療師的臨床指南 / 工藤慎太郎 著 ; 李依珊 譯.	RM 725 .K83127 2025
Exercise prescription for special populations : chronic diseases, unique populations, and challenging diagnoses / Brian C. Leutholtz.	RM 725 .L48 2021
NASM essentials of corrective exercise training / Rich Fahmy.	RM 725 .N373 2022
Advanced osteopathic and chiropractic techniques for manual therapists : adaptive clinical skills for peripheral and extremity manipulation / Giles Gyer, Jimmy Michael.	RZ 342 .G94 2020
唯水是問 : 隱藏於香港水務歷史的人和事 / 陳子浩, 黃曦諾, 蔡元貴, Ling Ho	TD 313 .H85 C436 2025
供水香港 : 地緣政治, 水務建設與農業發展 (1940-1970 年代) / 李家翹 著.	TD 313 .H85 L55 2025
Building with earth : design and technology of a sustainable architecture / Gernot Minke	TH 1421 .M5654 2025
Sport nutrition / Asker Jeukendrup, Michael Gleeson.	TX 361 .A8 J48 2025